Vol. 44, No. 1

the Oak Leaf

NAVAL REGIONAL MEDICAL CENTER. OAKLAND. CALIFORNIA.

Friday, January 22, 1982

Franks honored as 1982 Sailor of Year

Operations Specialist First Class Randy W. Franks, 29, head of the General Services Branch in Operating Management Service, is Naval Regional Medical Center Oakland's 1982 Sailor of the Year.

In a Jan. 13 Clinical Assembly ceremony in his honor, Petty Officer Franks told his many friends and coworkers present:

"I would like to thank all of you for being here and sharing this occasion with me. Being selected as Sailor of the Year is not a result of individual effort only. During the past year I have received guidance and direction from many people here at NRMC Oakland. It would take me quite awhile to name all of them, but even without mentioning names, I am sure they know who they are.

"This is my first experience working with a medical facility, and I've learned quite a bit about an aspect of the Navy I was previously unaware of. I would like to believe that I now have a more complete understanding of the Navy—medical, as well as operational.

"For you sailors here today, I'd just like to tell you to keep doing your job to the best of your ability, and there is really no reason that you can't be standing up here next year."

A selection board under the chairmanship of LCDR P. B. Hoggatt and comprised of HMCM C.R. Dackerman, HMCS J. Price, HMCS N. Jenkins, QMCS (SS) H. Dandridge, HMCS D. Jackson, MAC E.P. Sharp and HMC K. Thornton reviewed the achievements of all the medical center's Sailors of the Month over the past fiscal year before judging Franks, who was the June 1981 top sailor, as the best. He will also become his command's nominee for the Navywide Shore Sailor of the Year.

During last week's ceremonies Rear Admiral Walter M. Lonergan, NRMC Oakland's commanding officer, congratulated Franks and called him "the king of kings."

Following an introduction of the center's Sailors of the Month by the Command Master Chief, Mrs. Lesley Kopp, representing the NRMC Officers' Auxiliary, presented the honoree with a $50 check, and Mr. Bud Howe, in behalf of Concord's Branch 121, Fleet Reserve Association, presented a plaque to the year's best enlisted man.

Senior Chief Dandridge passed an engraved commendation plaque from the command, citing Franks for insight, organizational skills, leadership abilities and overall sustained professional excellence.

The recipient also received a name tag identifying him as Sailor of the Year; a $100 U. S. Savings Bond from the Chief Petty Officers' Association; a one-year reserved parking space; and use of a condominium for a weekend at Lake Tahoe, a 96-hour pass, and a candlelight dinner for two at the Porthole.

Petty Officer Franks has been assigned to Oak Knoll for a little more than a year. He is responsible for management of telephone, teletype, VHF radio, pagers and mail distribution services for the medical center, and has been the project officer for rapidly changing communication needs. He is also the Petty Officer in Charge of the OOD and Information Desk.

The trim non-commissioned officer has also been active in the First Class Petty Officers Association as its President, and as President of the Enlisted Mess (Open) Advisory Board.

With more than 11 years' military service, he has had duty aboard six aircraft carriers—USS ENTERPRISE, USS MIDWAY, USS KITTY HAWK, USS CONSTELLATION, USS RANGER AND USS NIMITZ—plus six years' service in Army Armor units. He is a graduate of two military technical schools.

Petty Officer Franks holds the Meritorious Unit Commendation, Sea Service Deployment Ribbon, Humanitarian Service, Army Commendation, Vietnamese Cross of Gallantry, Army Good Conduct, Vietnam Campaign, Vietnam Service, and National Defense.



OS1 Randy Franks

Originally from Manchester, Iowa where his parents still live, he became a policeman and later an industrial employee in his home state after his Army enlistment before returning to the military, this time with the Navy.

He expects to once again receive orders to an aircraft carrier about November 1982 and hopes one day to become, sometime in his career, the master chief petty officer of a command.

Franks lives in quarters on base and enjoys the sports of softball, bowling, basketball and racquetball.



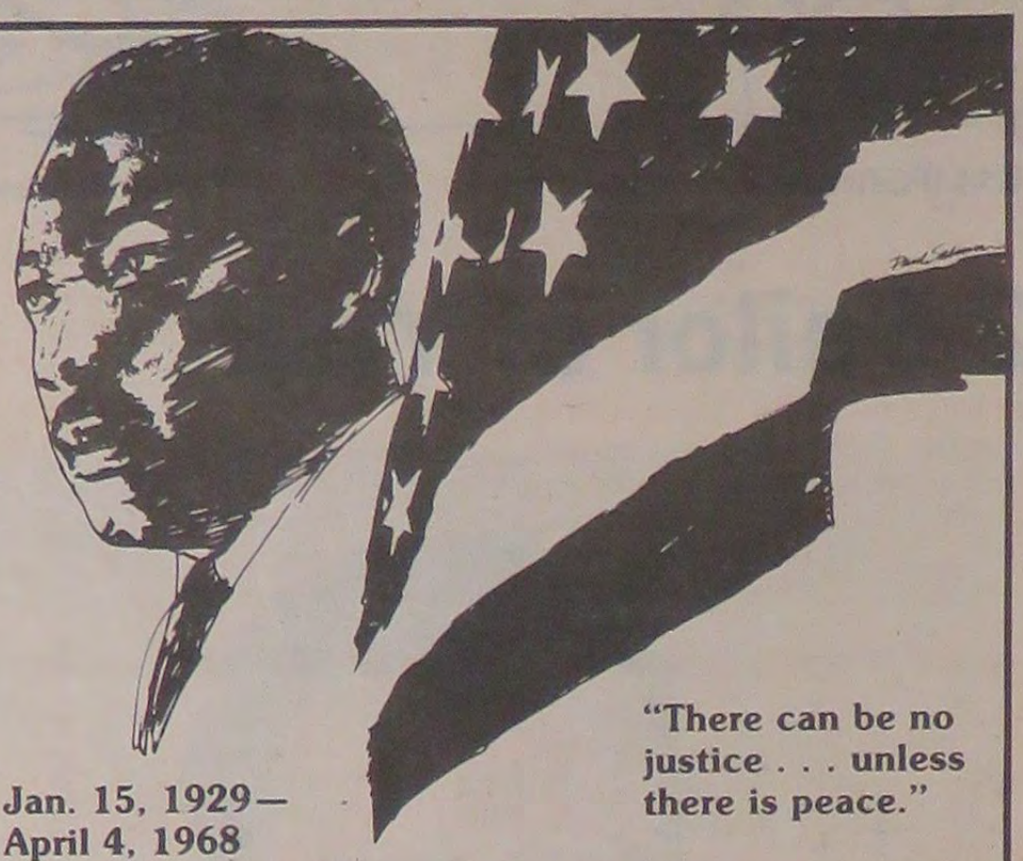
SHARING THE CELEBRATION—Rear Admiral Walter M. Lonergan, Commanding Officer, chats with OS1 Franks during a reception honoring the 1982 Sailor of the Year.

(More photos, Page 9)



BEFORE THE CEREMONY—OS1 Franks is briefed on the program by three members of the selection committee (l to r): LCDR Patricia Hoggart, MAC Edward Sharp and QMC(SS) Harold Dandridge.

EDITORIAL



Our patients write. . .

I am a retired Navy person who was recently discharged from your facility after two months of treatment. . . and I would like to take this time to thank you and all your staff for making a very painful time as comfortable as possible.

I would especially like to commend Dr. Gabriel and all the nurses, corpspersons and civilian personnel in Ward 7 West. They were all wonderful. I would also like to thank all the technicians, who are too numerous to mention, for their high technical skill.

I am coming along fine, and I have your fine facility to thank for it.

N.W. Cooper

I was a patient in your hospital recently and wish to express my appreciation for the outstanding services rendered to me during my short stay on 7 West. The doctors on the Gold Team were pleasant and efficient, and extended prompt service to me and my fellow patients. The nursing service on the floor was excellent and all concerned were helpful and performed their work in a pleasant and "wanting to please" manner.

I am sure that no better care would or could be provided by other hospitals in the area.

Please express my thoughts and gratitude to those fine doctors, nurses and corpsmen who cared for me.

William C. Bennett
Pleasanton



OAK KNOLL SPECIAL—In 1928 this bus likely carried many "duffers" from the downtown area to the then remote Oak Knoll Golf and Country Club, site of the present day Naval Regional Medical Center. This photo is one of several recently donated to hospital archives by L. P. Meyers of Vallecito, whose father, George P. Meyers was the timekeeper and lot salesman at the country club more than a half-century ago.

NAVAL REGIONAL MEDICAL CENTER
OAKLAND, CALIFORNIA

RADM W.M. Lonergan, MC, USN, Commanding Officer

CAPT Joseph P. Smyth, MC, USN, Director of Clinical Services

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Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.

1982 Publication Dates

The following are normal publication dates for *Oak Leaf* during Calendar Year 1982. Some dates may be subject to change based on necessary leave and staffing problems.

Publication Date	Copy Deadline
Jan. 22, 1982	Past
Feb. 5, 1982	Jan. 27, 1982
Feb. 19, 1982	Feb. 10, 1982
Mar. 5, 1982	Feb. 24, 1982
Mar. 19, 1982	Mar. 10, 1982
Apr. 2, 1982	Mar. 24, 1982
Apr. 16, 1982	Apr. 7, 1982
Apr. 30, 1982	Apr. 21, 1982
May 14, 1982	May 5, 1982
May 28, 1982	May 19, 1982
June 11, 1982	June 2, 1982
June 25, 1982	June 16, 1982
July 9, 1982	June 30, 1982
July 23, 1982	July 14, 1982
Aug. 6, 1982	July 28, 1982
Aug. 20, 1982	Aug. 11, 1982
Sept. 3, 1982	Aug. 25, 1982
Sept. 17, 1982	Sept. 8, 1982
Oct. 1, 1982	Sept. 22, 1982
Oct. 15, 1982	Oct. 6, 1982
Oct. 29, 1982	Oct. 20, 1982
Nov. 12, 1982	Nov. 3, 1982
Nov. 26, 1982	Nov. 17, 1982
Dec. 10, 1982	Dec. 1, 1982
Dec. 24, 1982	Dec. 15, 1982

Hospital Corpsman—a skate rate?

"All you corpsmen ever do is skate! You guys never do any work; I wish I had an easy job like yours!" We hear those comments every day and put up with endless kidding about our "easy" job. I hope to clear up some of the myths about my job and just how easy it is at times. A machinist's mate once told me that if you didn't have greasy hands you were in a "skate rate." And we all know that corpsmen never get their hands dirty.

But just how easy is it being a corpsman? Working around pain, suffering, and, many times, death, has never been easy for me. I had been a corpsman for two months when a three-year-old boy died in my arms one Christmas eve. He died of Tay-Sachs disease; it's incurable and it only affects very young children. I was about to become a father myself.

A 38-year-old woman who had undergone several operations to arrest cancer lost the battle against that disease on her birthday. She left behind a husband and five children, the youngest of whom was 18 months. Her husband was a Marine master sergeant. I had pictured all Marines as "towers of strength" incapable of showing any emotion. When I saw him in tears that day, I realized that the men of our toughest fighting outfit were also very human, and that I was ignorant in assuming otherwise. I had a lot to learn.

When I was assigned to the Marines, one of my first duties was on an ambulance crew. My first run was to the grenade range where a drill instructor and a recruit were killed by a hand grenade. The scene was the most sickening thing I've seen to this day. There were some very lucky recruits though, because a heroic drill instructor gave his life so that they wouldn't be killed. And then there was the recruit who ended his life with a rifle bullet through his head, the pilot who ejected out of his aircraft when it sent sideways and was skipped like a pebble 300 yards down the runway, and the baby who was beaten by his parents because he wouldn't stop crying. He died. I could go on, but I hope I've made my point.

Many people see us when we are not working. To tell the truth, I'd rather not have to work, because when I have to work, one of my shipmates is either sick or injured. Even though I have been able to accept it, I have never gotten used to seeing people hurt. If a person thinks my job is "skating," why don't they try it? Grease and blood both wash off, but do you remember the times and circumstances that your hands were dirty? I can recall every time I've had blood on my hands and even though it washes off, it's hard to forget.

I love my job and I am proud of what I do. I put up with ignorant comments every day about my job, but to be called "Doc" means the world to me, especially when a shipmate would rather see his doc than go to the dispensary.

So if I skate or am out of work, it's your fault. (Keep it that way, please.) But, should you decide to bring your business my way, I am ready and waiting to serve you.—**HM2 Mark J. McClellan, USN, USS MOBILE (LKA-115).** (Reprinted with permission from *Navy Medicine.)*

USO grateful for support

Bay Area United Services Organization, Inc. expresses grateful appreciation to all military and federal employees who designated all or part of their 1981 Combined Federal Campaign contributions to USO.

Your contributions are especially meaningful during these days of high inflation and reductions in other funding sources. With the passing of each year, it is more and more evident that if USO is to continue, it will be due to contributions by members of the military and federal employees.

A new service center is opening this month at Oakland International Airport. With its openings, it will be the 14th airport USO in the United States. The center will be available for the more than 16,000 military personnel and their dependents traveling through the Oakland airport each month.

As USO closes out its 40th year of operation, staff and volunteers look forward to serving the members of the military and their dependents for another 40 years.

NRMCO staffers accompany

Air Force medevacs tiny Navy dependent

A Navy and Air Force team joined forces on Jan. 10 to fly a critically ill infant, his mother, sister and brother to Connecticut, thereby reuniting the family of Lieutenant Commander Michael Brennan without endangering the baby's life.

When Sean Michael Brennan was born 10 weeks ago at the naval hospital in Balboa, he was found to have multiple congenital anomalies. Specialists at the University of San Diego Medical Center performed two surgeries on the infant and believed him recovered enough to accompany his mother and siblings to New London, Conn., to join his father.

Three weeks later, however, when Mrs. Kathleen Brennan and her children were in transit and stopped by her hometown of Atascadero for the holidays, the infant once again became seriously ill. From a civilian hospital in that city, he was flown to Mt. Zion Hospital in San Francisco, and subsequently transferred to Naval Regional Medical Center Oakland, where he was placed in a newborn intensive care unit.

Two days later, through coordination with the 44th Aeromedical Evacuation Wing at Travis Air Force Base, Sean was placed in a portable unit, taken by ambulance to Travis and flown to New Haven, Conn. aboard a C-9 Nightingale from the 57th Aeromedical Evacuation Squadron out of Scott Air Force Base, Ill. Upon arrival in the east, he was admitted to Yale University Medical Center where further evaluations will be made.

Accompanying the infant on the flight were pediatrician and Navy Lieutenant Commander Louis A. Papp and Navy Nurse Corps Lieutenant Maureen Clary, both of the Navy medical center staff; Mrs. Brennan, her daughter Darcy, 13, and son Derrick, 7; Air Force Flight Nurse Captains Mary Gillespie and Mary Ann Creamer; Airman First Class Gary Ask, flight attendant; and Air Force medical technicians Staff Sergeant Richard Bockelcamp, Technical Sergeant Dennis Decorte and Sergeant Raul Valdez. Piloting the plane was Air Force Captain Kenneth Moore, with Captain John Verad serving as copilot.

The infant's father, recently transferred from the San Diego area, is presently enrolled in a navigation school in the east.

In discussing the child's illness and the medical evacuation, Mrs. Brennan said, "We're so thankful that we are a military family and that Sean is eligible for such good medical care. I don't know **how** we could have managed as civilians. . ."

Oak Knoll OR staff robbed at knifepoint

About midnight last Saturday, two males disguised in operating green scrub suits, face masks, surgical gloves and foot gear burst into one of the main operating rooms on the fourth floor of the main hospital at Oak Knoll.

Brandishing knives, they took a Navy doctor, nurse, and three hospital corpsmen captive and tied them up for nearly two hours while they ransacked drug cabinets and offices in the operating suite.

Approximately 15 minutes after the thieves left, the bound personnel were found by another corpsman who happened on the scene and freed them unharmed. No surgery was underway during the robbery.

Small amounts of drugs, personal property and cash were taken and the Naval Investigative Service is pursuing leads at this writing. Any NRMC Oakland personnel who believe they may have information that may assist the investigation and/or apprehension of the robbers are urged to call Special Agent Andy Higgins at Autovon 686-4276 or Commercial 869-4276.

The identity of the personnel taken captive during the incident is being withheld for their personal protection.



HM3 Tony Carroll



HM1 Perry L. Lane

Lane, Carroll selected top sailors

Hospital Corpsman First Class Perry L. Lane and Hospital Corpsman Third Class Tony Carroll were selected as NRMC Oakland's Sailors of the Month for November and December, respectively.

Lane, who is Leading Petty Officer and student coordinator in Radiology, said, "It instills a feeling of pride that goes beyond comparison, not only being elected, but even being nominated. To take note that the center of attention has been focused on you will give an individual the strength and intentional fortitude to carry on. . . and on."

"I feel that it is an honor to be selected as Sailor of the Month," commented Carroll, microsurgery hand technician in Orthopedics. "It's nice to know you are appreciated and that your work is noticed. I feel this honor is a great work incentive. I would like to thank Dr. Lichtman, Chief of Service, Dr. Schneider, and the Orthopedic staff for the opportunity and training."

Lane's career goal is to achieve as

(Continued to Page 9)

Navy selects commodores—first since WWII

The President has approved the recommendations of the Staff Corps selection boards which recommended Medical Corps officer Joseph S. Cassells, Dental Corps officer Richard G. Shaffer, and Lewis E. Angelo, Medical Service Corps, for promotion to the permanent grade of commodore.

Other Staff Corps officers named were Carl R. Webb, Jr., John H. Ruehlin and Stuart F. Platt, Supply Corps, and John C. Fraser, Jr., Civil Engineer Corps.

Earlier 38 line captains were recommended for promotion to commodore—33 unrestricted line officers, two aeronautical engineering duty officers, two engineering officers and one special duty (Public Affairs) officer.

The promotions will be the first to the one-star rank since World War II. The rank of commodore was restored by the Defense Officer Personnel Manpower Act (DOPMA) to bring the Navy in line with the other services, all of which have a one-star rank. Prior to the restoration, the Navy had divided its two-star flag officers into "upper" and "lower half" rear admirals. "Lower half" rear admirals will be "grandfathered." They will retain the uniform and title of rear admiral but will be paid as a commodore (0-7).

The rank of commodore came from Holland. In the Dutch Wars of 1652, there were not sufficient admirals and the Dutch desired to create others without calling them Admirals. The title was brought to England by William III. The broad command pennant or burgee was used by the Dutch at the same time. The rank was officially recognized by the British in 1806. The American Navy used the rank as an honorary title in the Revolution—"Commodore" John Paul Jones; "Commodore" Esek Hopkins, appointed as "Commander in Chief."

Until 1861 all captains in the United States Navy, commanding or having commanded squadrons, were recognized as commodores, though never commissioned as such. They wore a broad pennant distinctive of that rank. In 1862, it was established as a fixed rank, when in July of that year 18 were commissioned on the active list and 17 on the retired list. The grade was abolished in 1899. During World War II, the temporary grade of commodore was given to some officers both of the line and the Staff Corps. President Franklin D. Roosevelt made the original suggestion that the old title be revived.

A captain in the United States Navy who commands a flotilla or squadron of destroyers is called a "Commodore" by courtesy. The British Admiralty continues to make appointments of a small number of commodores. The broad strip of rank is worn by those appointed and the "burgee" of a commodore is flown.

New, tough anti-drug policy effective Feb. 1

"The illegal use of drugs constitutes a serious breach of discipline which undermines the very fiber of the combat readiness of our Navy," said Admiral Thomas B. Hayward, Chief of Naval Operations, in recently announcing a tough, new anti-drug program, adding that drug trafficking **"directly promotes personal tragedy, undisciplined conduct and substandard performance."**

The Navywide policy, which takes effect Feb. 1, stresses intolerance of illegal drug use. **Officers and Chief Petty Officers involved in drug abuse will be processed for separation, which can result in a discharge under other than honorable circumstances.** Other enlisted personnel are to be disciplined and placed in a counseling program. A second violation will bring disciplinary action and separation under other than honorable conditions. A vital aspect of the leadership effort is to change the attitude of Navy men and women about drugs, to reinforce the view that everyone has a responsibility for the lives of his or her shipmates.

The NAVOP prohibits the recruitment of persons with any record of drug trafficking or dependency into the Navy and will identify abusers early in the training pipeline to prevent them from reaching the fleet, where they degrade safety and operational readiness.

Navy personnel can expect to see greater use of health and welfare inspections, random vehicle searches, urinalysis testing, undercover agents, drug-detecting dogs and exchange of information with local law enforcement agencies as part of the identification process.

The CNO declared, "The United States Navy has not only the opportunity, but also the obligation to take the leadership in combatting and controlling illicit drug use in the Navy. Many of our young people are looking for an excuse not to use drugs. We can now give them that excuse. Firm, effective leadership, stern discipline and peer group pressure can put this problem behind us."

Drug detection capability up

In order to improve its ability to detect the illegal use of drugs, the Navy has purchased a new testing kit, which is described by Dr. William Pollin, Director of the National Institute on Drug Abuse as, "The most important recent advance in urinalysis of cannabinoids for the determination of past use of marijuana."

According to Dr. Pollin, the kits will provide "the first rapid and accurate chemical measure of drug use in military populations."

THC, marijuana's "active ingredient," is fat soluble and remains in the body in fatty tissues for long periods of time, unlike water-soluble alcohol, which washes out of the system over a matter of hours. The new kits use a chemical reagent to confirm THC presence and are capable of detecting evidence of marijuana for as long as 7 to 10 days in some individuals after a single use, and up to 3 or 4 weeks after a chronic abuser's last use.



MEMENTO—Captain E. L. Jones (left), Officer in Charge of the Fleet Hospital Support Office in Alameda, presents a photo of the fleet hospital prototype to Admiral John G. Williams, Jr., Chief of Naval Material, during the latter's recent visit to the Bay Area. The visiting admiral was briefed and toured warehouses which will be used to receive, assemble and store fleet hospitals prior to deployment to worldwide sites.

(Photo by PH3 Fargo)

Career protection for Feds joining spouses overseas

The Director of the U. S. Office of Personnel Management, Donald J. Devine, has approved changes which will protect the careers of Federal employees who leave their jobs to accompany military or Federal civilian employee spouses on overseas assignments.

In making the changes, Director Devine said, "We believe it is in the interest of the Federal Government to encourage both employee mobility and family cohesion wherever possible. We therefore, plan a number of improvements in our employment policies affecting spouses of U. S. civilian and military employees. The change we are announcing will allow Federal employees who accompany military or civilian sponsors overseas to resume their Federal careers without penalty on their return to the United States."

Announced in a Federal Personnel Manual Bulletin, the change will permit career-conditional employees to extend their reinstatement eligibility for Federal employment by the amount of time spent overseas with a family member on official assignment.

Formerly, such employees had only three years following separation to be reinstated. With many overseas tours of duty lasting more than three years, they had the difficult choice of either remaining home alone to continue their Federal careers, or losing their reinstatement eligibility.

Civilian jobs open

Civilian medical clerks are needed at both the NAS Alameda and Naval Supply Center Oakland clinics of Naval Regional Medical Center Oakland, and clerk-typists are needed throughout the command.

Applications will be accepted through Monday (Jan. 25) for the two GS-4 medical clerk positions at Alameda and the supply center, while the announcement for Clerk-Typist and Medical Clerk (Typing) GS-3 positions will not close until July 12.

Detailed information on any of these positions may be obtained from Civilian Personnel Service, Ext. 2116.

Staff officer's son dies in auto crash

Memorial services were held Dec. 17 in St. Luke's Chapel at Oak Knoll for Navy Airman Apprentice Anthony S. Bielawski, 19, son of Lieutenant Commander Jerome J. Bielawski of the medical center staff and his wife Mildred.



Anthony Bielawski

The young airman was killed in a motor vehicle accident near Memphis, Tenn., Dec. 11. He entered the Navy April 17, 1981, and at the time of his death was a student at an aviation electronic school near Memphis.

In addition to his parents, he is survived by his two sisters, Teresa Ann and Christine Cecilia and a brother Mark Steven, all of Fremont; grandmother, Annie Herbein of Boyertown, Pa., grandfather, Morris Dierolf, also of Boyertown, and uncle and godfather, William A. Bielawski of Reading, Pa.

Funeral services were held Dec. 18 at the Chapel of Chimes in Hayward.

Dr. King remembered

Naval Regional Medical Center Oakland sponsored a memorial service for Dr. Martin Luther King, Jr., in the Clinical Assembly on Jan. 15, the date that would have been his 53rd birthday.

The distinguished American leader was assassinated April 4, 1968.

Several military and civilian staff members attended the program, which was arranged by the Equal Employment Opportunity staff.

IRS ups interest rate

April 15 has long been a date to remember—and a deadline to react to. But beginning in 1982 it may have an even greater affect on some taxpayers.

The Internal Revenue Service has announced that, effective Feb. 1, the annual interest rate for federal income tax underpayments and overpayments will increase from 12 percent to 20 percent.

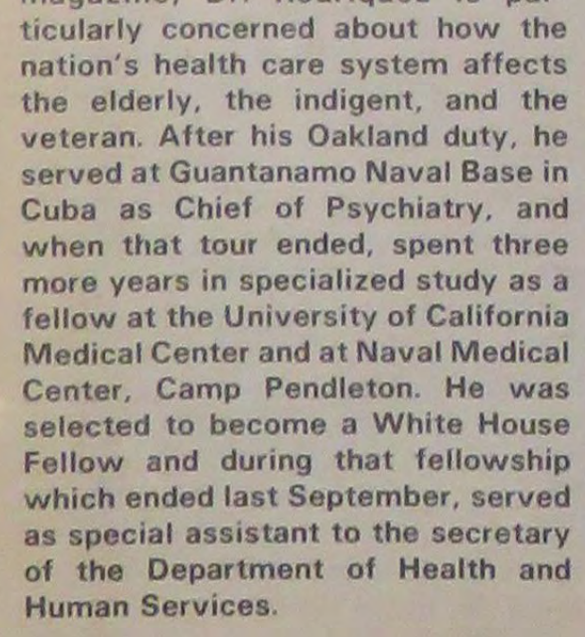
The change can work both ways, of course. Persons owing taxes will be charged 20 percent interest for any period payment is overdue. On the other hand, the person whose withholding was too generous will be paid 20 percent interest on money Uncle Sam must return.

Provisions for the rate change are contained in the Economic Recovery Tax Act of 1981. The law stipulates that the rate will be set each Oct. 15 and will be based on 100 percent of the average prime interest rate for the preceding month.

Under prior law, the rate was set every two years and was based on 90 percent of the prime rate.

Separation travel entitlement change

Navy personnel being separated from the service must actually travel to receive any reimbursement under a provision of the Uniformed Service Pay Act of 1981, which became effective Nov. 1.



CHAMPUS MEDICAL DIRECTOR—Dr. Alex R. Rodriquez, who served a psychiatry internship and residency at Oak Knoll 1973-76, has been appointed to the medical directorship of the Civilian Health and Medical Program of the Uniform Services, reporting directly to the Assistant Secretary of Defense for Health Affairs. According to a recent article in Emory College (his alma mater) magazine, Dr. Rodriquez is particularly concerned about how the nation's health care system affects the elderly, the indigent, and the veteran. After his Oakland duty, he served at Guantanamo Naval Base in Cuba as Chief of Psychiatry, and when that tour ended, spent three more years in specialized study as a fellow at the University of California Medical Center and at Naval Medical Center, Camp Pendleton. He was selected to become a White House Fellow and during that fellowship which ended last September, served as special assistant to the secretary of the Department of Health and Human Services.

In the past, servicemembers being separated or retired could claim reimbursement for transportation between their last duty station and their home of record or place of entry into active duty service, whichever was further, without actually making the trip.

The new law divides separatees into Groups "A" and "B" Group "A" members are those who have completed 90 percent of their initial active duty commitment and are separated honorably, personnel receiving hardship or medical discharges, and members retiring or being placed on the temporary disability retired list. They and their dependents remain entitled to the current monetary allowance in lieu of transportation and per diem rates for the distance they actually travel. This may not exceed mileage and authorized travel time to the servicemember's home of record or place of entry on active duty.

Group "B" members, those who have been honorably separated but completed less than 90 percent of their initial commitment and those discharged under other than honorable conditions, are only entitled to transportation in kind by the least expensive common carrier or a monetary allowance not to exceed the cost of that ticket.

Members retiring, being placed on the temporary disability retired list, or transferred to the fleet reserve are eligible for advance travel payments for themselves and their dependents, but must actually perform the travel for which they are paid.

Questions about travel entitlements should be addressed to your local PASS or Disbursing Office.

Uniform update

Effective March 1, 1982, the wearing of the blue utility caps and/or blue ball caps issued for wear with dungaree or utility uniforms is discontinued.

For men, the standard white hat, and for women, the blue garrison cap, will be worn with dungarees or utility uniforms at all times ashore, outside unit or working areas, on board naval bases or naval stations.

Commands (unit identity) ball caps are authorized for wear within unit premises or working areas.

HOME AWAY FROM HOME
USO
40th Anniversary

Resolutions for a secure New Year

By MAC Edward Sharp

1. I will protect my valuables because my own hard and diligent work has provided me with my rent money, car payment, credit cards, telephone bill, radios, tape-players, etc.

2. I will not become a statistic as did some 134 victims of theft who lost an average of about $75 each ($10,050 total) last year.

3. I will help my shipmates, both military and civilian, and my patients in protecting their property by bringing to their attention any mistake they may make in the proper safeguarding of their valuables.

4. I will be observant and report to proper authority any suspicious activity or persons within my view and in an area under my authority.

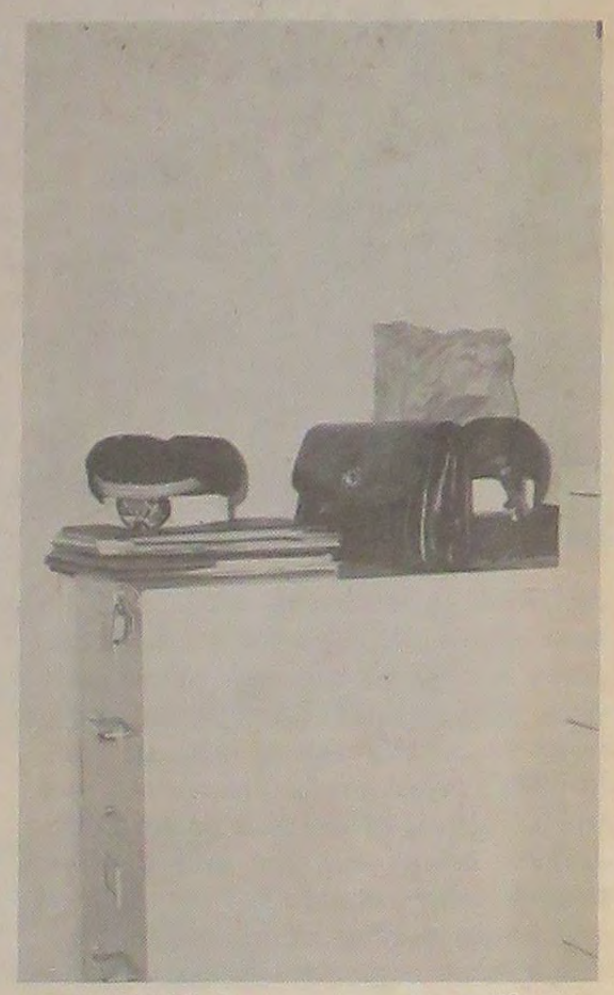
(Note: The accompanying photos point out situations found on just one day within the hospital. All these people did not lose their valuables. They were lucky. Names have been deleted to protect the embarrassed.)



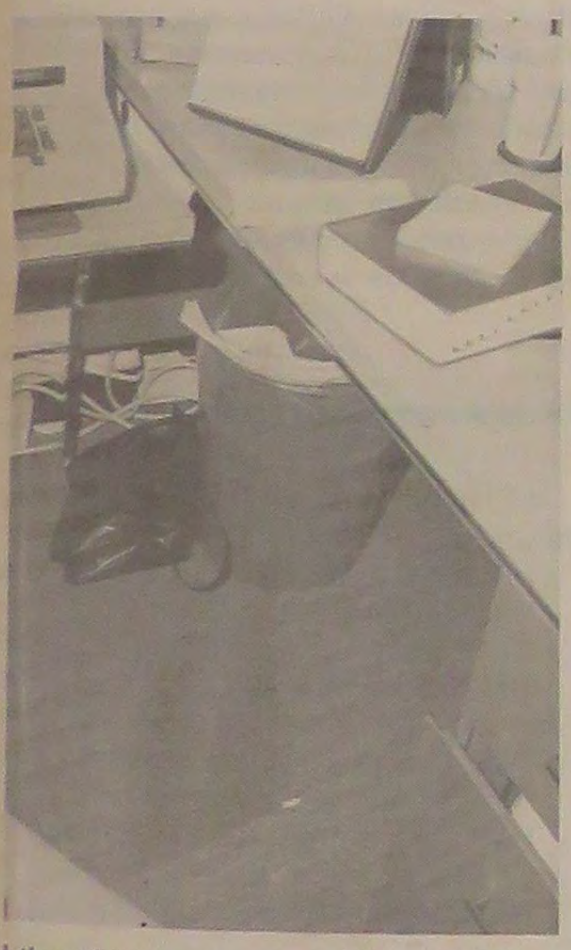
I thought my locker was locked. My whole paycheck was in there. What am I gonna do?



Holiday payday for a thief.



I ALWAYS leave my purse there. Nobody has taken anything before.

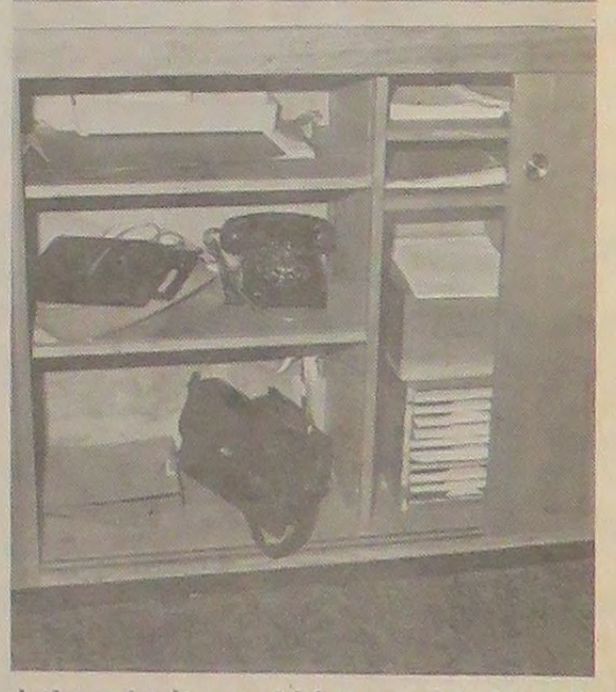


I thought someone would stay in the office while I went to get a coke and shoot the breeze. . .

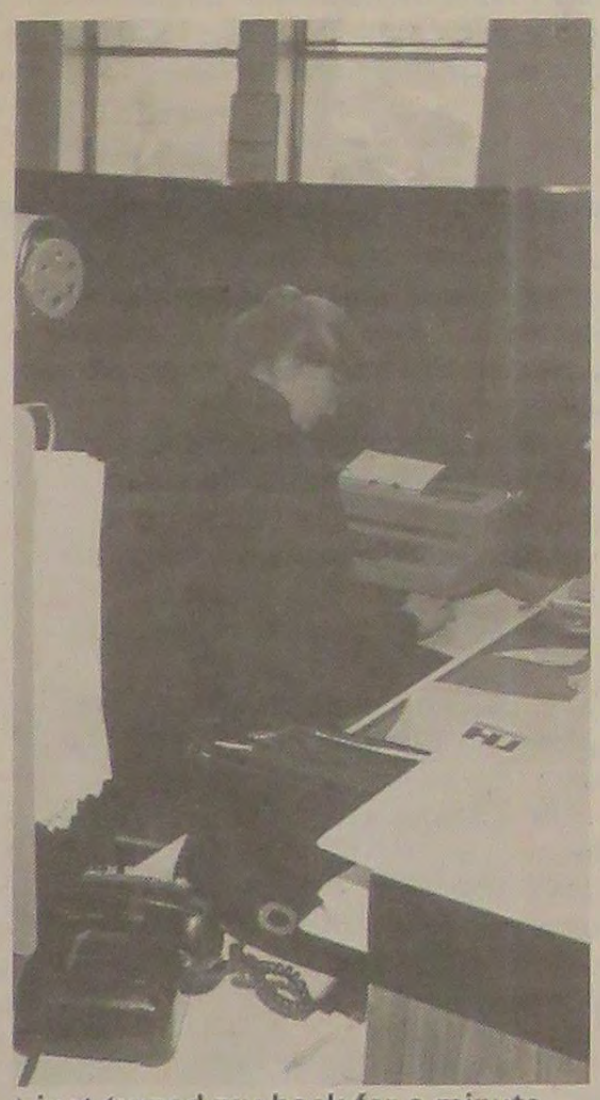


The coffee mess funds were stolen. Now everybody has to chip in $5 to get started again!

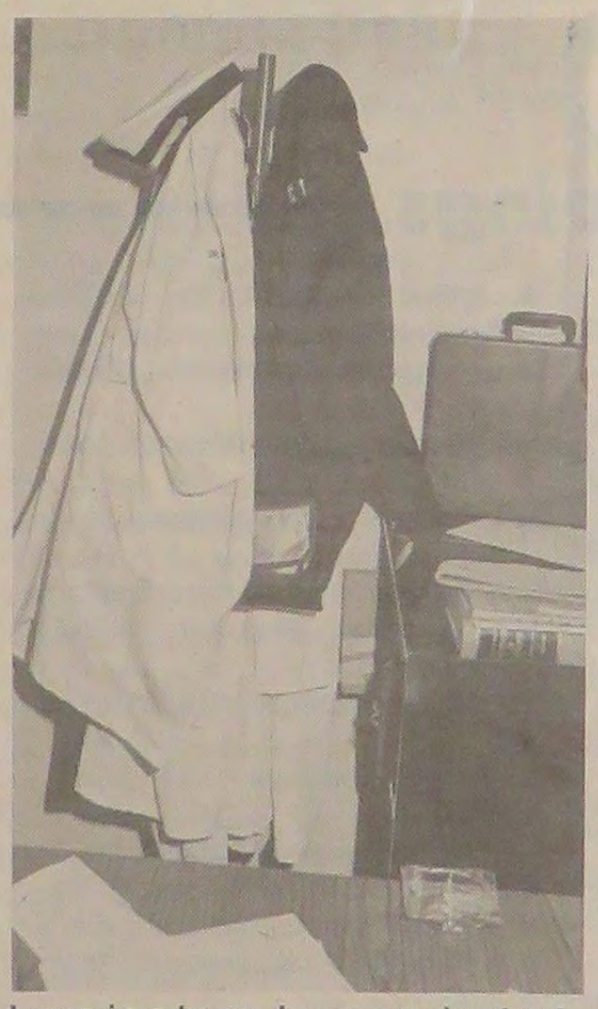




I thought it would be a safe place. I was only gone 10 minutes or so. . .



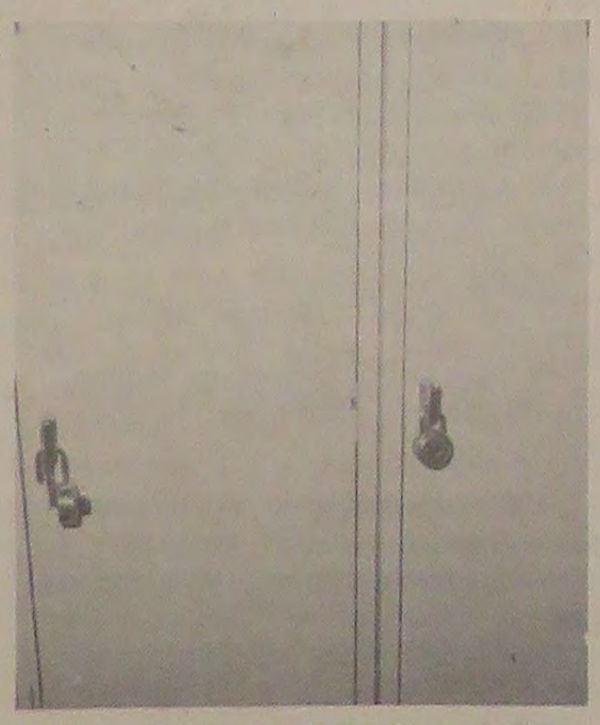
I just turned my back for a minute. . . why ME?



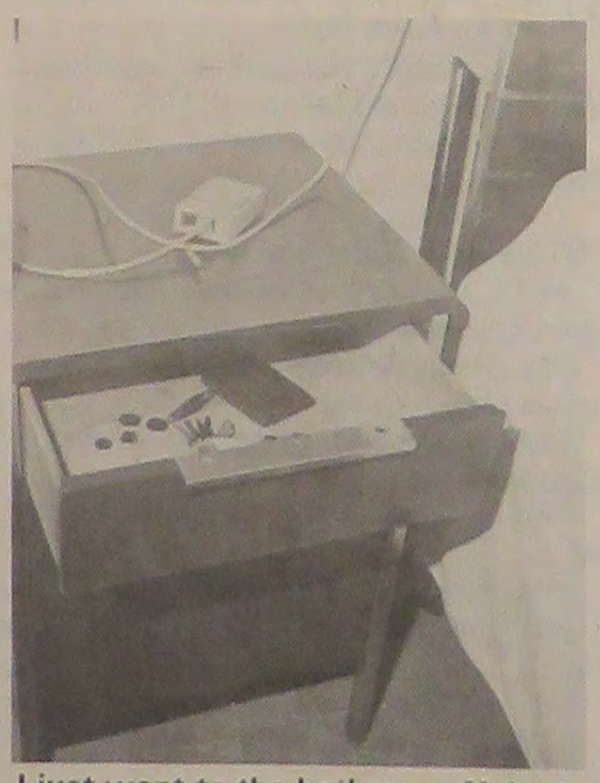
I was in a hurry. I was coming back to lock it up later.



They took my vacation money. It isn't fair!



Hmm. . . I wonder how they got into my locker. . .



I just went to the bathroom. Nobody knew I had $300 in my bedstand. . . I thought.



Hello, Security? Someone stole the radio out of my office!



RETIRES—Shortly before the holidays Senior Chief Hospital Corpsman Jerry Price, whose last duty was with Military Manpower Service, tried to quietly retire without fanfare. The word got out, however, and the Admiral's office was packed wth Jerry's many military and civilian friends who dropped by to see him presented a letter of commendation. The affable senior chief is reportedly taking life easy in San Jose these days after 24 years in the Navy.

Clinic clerk retires

Lucille Showaker, OB/GYN Clinic clerk, retired from civil service on Dec. 11 after 15 years' service.

Over 45 fellow workers attended a surprise farewell luncheon in her behalf at the Officers' Club a couple of weeks earlier.

Captain Charles M. Scott, Chairman, Obstetrics and Gynecology, presented her with a gold chain necklace, a farewell gift from her many Oak Knoll friends.

Kudos.....

NAVY ACHIEVEMENT MEDAL

LTJG Robert Hoffner, Disaster Preparedness Office, now transferred.

CIVILIAN SUSTAINED PERFORMANCE AWARD

Ms. Erlinda Guzman, Nursing Service.

MASTER'S DEGREE

HM2 Richard Rudowski, Laboratory, Master of Arts in Human Resources Management from Pepperdine University.

LETTERS OF COMMENDATION

HMCS Jerry Price, now retired.

CAPT Mario Schwabe, transferred.

DTC Arthur Lannan, transferred.

Mr. Frederick Sinopoli, Radiology Service.

LCDR Karl Mendenhall, transferred.

LETTERS OF APPRECIATION

HM2 Francis Girotti, ENT Clinic.

LCDR Earl Martin, transferred.

HM3 Jon Junker, Clinical Investigations Center.

HM2 Donald Pierron, Laboratory.

PHYSICAL THERAPY GRADUATES

HM3 Terry Kapturowski and HM2 Glen Lounsbury.

FELLOWSHIP CERTIFICATES

CDR James Schneider, MC, Hand Surgery.

LCDR Robert Murphy, MC, Hand Surgery.

RESIDENCY CERTIFICATES

LT William McKown, MC, Pediatrics.

LCDR Charlotte Alexander, MC, Orthopedics.

CIVILIAN LENGTH OF SERVICE AWARDS (15 YEARS)

Annie Carmans, Supply.

Brenda Green, Laundry.

Ida Jackson, Food Management.

Margaret Eddie, Pharmacy (CSR).

Lenora Brady, Nursing Service.

Robert Glenn, Laundry.

REENLISTMENTS

SMC Edward Tilton.

HMCS Andrew Latigue.



THE WAY HE WAS—The year was 1957 and this Hospital Corpsman Second Class was on shore leave in Kamakura, Japan, off his ship, USS TICONDEROGA (CVA-14). Today he is a senior medical officer on the Oak Knoll staff. Look for the answer next issue.

VA benefits require more active duty

Due to recent changes in the law, 24 months of continuous active duty service is now required before an individual is entitled to VA benefits for which a period of active service is a prerequisite.

Benefits affected by these changes include VA home loans and loans for mobile homes and condominiums.

The 24 month requirement does not apply to those who receive a disability or hardship discharge. All enlisted personnel who enlisted after Sept. 7, 1980, and officers who began their active duty after Oct. 16, 1981 are affected by these changes.

Newlyweds

Recent newlyweds are Hospital Corpsman Second Class Greg Leavitt, Discipline Petty Officer in Operating Management, and Hospital Corpsman Third Class Bonita Ela, until recently an area coordinator on the 9th Deck.

Both corpsmen were stationed at Oak Knoll for approximately two years. The new Mrs. Leavitt has been transferred to Naval Station Norfolk, Va.

The couple married Christmas Eve in New Hampshire at the home of the bride's parents.

Reserve dependents get shopping days

Eligible dependents of reserve component members who participate in regularly scheduled inactive duty training have been authorized use of their sponsors' exchange privileges by the House Armed Services Committee. The change permits dependents one day of exchange shopping for each day of the sponsor's inactive duty training in pay status.

The dependent must present the sponsor's leave and earning statement (LES) or a letter of authorization issued by the reserve component organization and must possess a driver's license or other credentials that verify the dependent relationship.

According to exchange officials, dependents who special order merchandise, purchase on a layaway basis or leave merchandise for repair will be permitted to complete the transaction on another day without having that day charged against the days they are entitled to shop.

The new provisions apply to all military exchange systems.

Comings and Goings

"Fair winds and following seas" to the following personnel who have recently departed this command:

LCDR Mary Maxson, NC, to Beaufort.

LCDR Walter Marolf, MSC, to Yokosuka.

LCDR Early Martin, MSC, to Long Beach.

LCDR Karl Mendenhall, MSC to Bethesda.

LTJG Robert Hoffner, to USS RANGER (CV 61).

LTJG Lesa Marks NC, resigned.

LT Katherine Geyer, NC, released from active duty.

LT Stephen Guliner, to Groton, Conn.

LT Cynthia McGrane, released from active duty.

LT William McKown, MC, to Okinawa.

CAPT Mario Schwabe, MC, to NNMC Bethesda.

LT Steven Hart, released from active duty.

HMCS Jerry Price, retired.

HMC Britton Gladden to 1ST FSSG, Camp Pendleton.

HN Perry Lutke to 3RD FSSG, FMFPAC, Okinawa.

HM3 Jennifer Behrens to NSHS San Diego.

HM3 Debra Ebright to San Diego.

HM3 Mark Faville, to 3RD FSSG, FMFPAC Okinawa.

DTC Arthur Lannan to USS PROBEUS, (AS-19).

HM3 Phil Tevlin to Fort Sam Houston, Texas.

HM2 Cesar Ortega, released from active duty.

HN Thomas McConnell to 1ST FSSG, Camp Pendleton.

HN James Dunn to 1ST FSSG, Camp Pendleton.

HM2 Stephen Boone to NRMC Okinawa.

HM3 Rebecca Lind, released from active duty.

HM3 Michael Tuirk, released from active duty.

HM3 Kim Broomall to Rota, Spain.

HM3 Veronica Castro to NRMC Jacksonville, Fla.

HM2 James Pfiefer to USS RANGER (CV-16).

HN Tofutu Faaleava, 1ST FSSG, Camp Pendleton.

HN Laredo Bois to Pensacola, Fla.

HN Shelley Curtis to Pensacola, Fla.

HM2 Frank Diaz to Pensacola, Fla.

HM2 Robert Lyons, released from active duty.

HR Gregg Zanella to Pensacola, Fla.

HM3 Earl Thompson to Denver (Lowry Air Force Base).

HM3 Teofilo Geron to Concord Naval Weapons Station.

HN Darrell Draughon to NNMC Bethesda.

DT3 Augusto Sosa to USS ENTERPRISE (CVN-65).

HM3 Matthew Mooney, released from active duty.

HN Daniel Vonlogh, released from active duty.

HM3 Raymond Donaghy to Fort Sam Houston.

HM3 Diane Vroman to NRMC Seattle.

HM2 Linda Greene to Pensacola, Fla.

HN Cheryl Valeriano to Portsmouth, Va.

* * *

"Welcome aboard" to newly arrived:

HM3 Caroline Lynch, Nursing Service.

HM3 Lonenda Lanagan, Nursing Service.

HR Lee Ann McLeman, Nursing Service.

CDR Judith Dault, Nursing Service.

HM3 Deborah Bishop, Nursing Service.

LCDR Linda McMahon, Nursing Service.

HN Kathleen Grimm, Nursing Service.

HR Renato Flones, Nursing Service.

HM3 Leo Barrameda, Nursing Service.

HN Thomas Bliss, Main Operating Room.

HN Charpong Phuranatnaranubala, Nursing Service.

HM2 Paul Buckholz, OR School (instructor).

HA Joseph Hatyenikolis, Nursing Service.

HA Hyron McCullough, Nursing Service.

LTJG Michael Watkins, Nursing Service.

ENS Karin Lundgren, Nursing Service.

HR Rick Elliott, Nursing Service.

HM3 Joseph Abbott, Nursing Service.

HM3 Regina Abiva, Laboratory Service.

HN Ellen Vaughn, Nursing Service.

MM3 Robert Rathbone, Operating Management.

HMC Michael Larkin, Military Manpower Service.

HMC Steven Putter, PMT School staff.

HM3 David Weiler, Laboratory Service.

HMCS Connie Graves, Patient Affairs.

LT Janet Cooper, Main Operating Room.

HN Louis Savoie, Nursing Service.

HR Allen Marshall, Nursing Service.

LT Michelle Tanner, Nursing Service.

HM2 Stephen Foster, Nuclear Medicine.

HM3 Carl Kjonaas, Nursing Service.

LT Mary Schetter, Nursing Service.

HM1 Charles Pearce, Patient Affairs.

LT Marlys Tuftin, Nursing Service.

HA Charles Stephanski, Nursing Service.

LTJG Aurelia Coultherst, Nursing Service.

ENS Roger Cagle, Nursing Service.

HN Thornton Jones, Nursing Service.

HN James Coleman, Main Operating Room.

LCDR Laurence Parr, MSC, Nuclear Medicine.

DN John Halliburton, Dental.

LT Stephen Lindsey, Nursing Service.

LTJG Kevin Marty, Nursing Service.

HR Sharon Hine, Nursing Service.

HA Catherine Reinhart, Military Manpower.

HN Robin McDaniel, Nursing Service.

LT Dennis Jordan, Nursing Service.

LT Luisa Herreira, Nursing Service.

LCDR Harald J. Aaning, MC, Surgery.

LT Mary Schetter, Nursing Service.

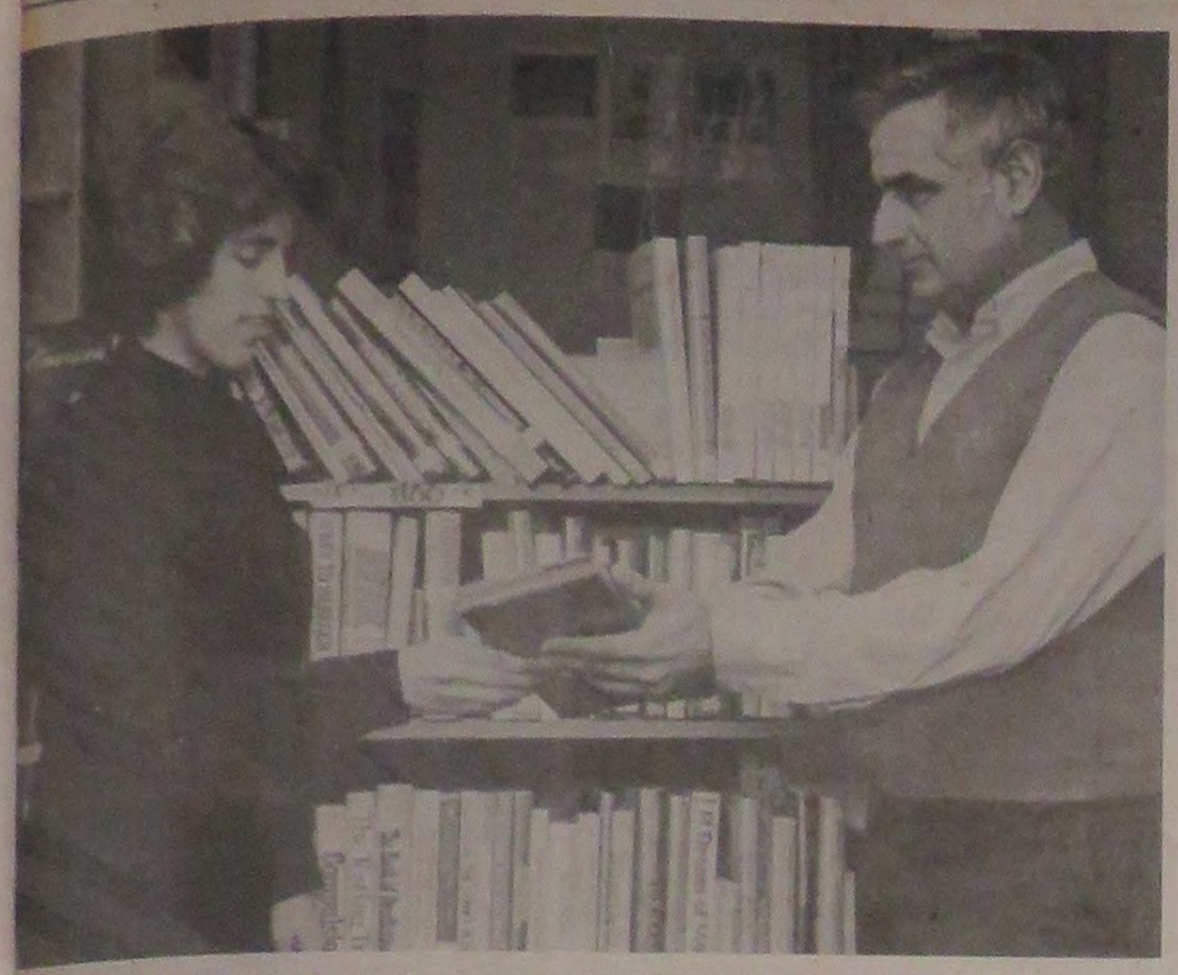
LT Janet Cooper, Nursing Service.

ENS Karen Chapman, Clinical Clerk.

ENS Peter Weimerskirch, Clinical Clerk.

ENS Elaine Copeland, Clinical Clerk.

2nd LT James Laurenzano, Clinical Clerk.



EW EMPLOYEE—Richard Kempton, new library technician at Oak Knoll, ssists HN Cheryl Valeriano in selecting a best seller from the General Library's ew collection. Kempton formerly worked in the UC Santa Barbara Library. ooks, phonograph records and periodicals may be checked out of the General ibrary in Bldg. 101 by military and civilian personnel and retired military per- ons. Hours are from 8 a.m. to 4:30 p.m. and 6 to 8 p.m., Monday through Thurs- ay; 8 a.m. to 4:30 p.m. Friday. A ward cart service is also provided to hospital atients.

Hazel Harlow ends career

Hazel Harlow, a popular employee of Civilian Personnel Service for more than 15 years, retired from federal service last Friday with a total of 23 years with Uncle Sam.

"(I) plan to stay at home and love it," she told a fellow employee, but we also learned that Hazel will be installed as the head state officer of a national charitable organization known as the "Royal Order of Caritas" on Jan. 30 in ceremonies at the Emeryville Holiday Inn.

The organization provides funding for guide dogs for the blind; Medic Alert bracelets, dentures and hearing aids for the needy; scholarships for nurses; tapes for the blind—and, this year under Hazel's supervision—a free, volunteer instructional program in reading, typing, etc. for handicapped youth.

Mrs. Harlow reported to Oak Knoll on Oct. 16, 1966 after several years of employment at the San Francisco Bay Naval Shipyard.



Hazel Harlow

Safety tips for happy travel

By Ruby Sparks

During this coming year, many of ou will be traveling both at home and broad. The following helpful safety ps will enable you to have pleasant nd uneventful journeys:

efore leaving. . .

- Give a trusted person a copy of our itinerary so you can be reached in ase of an emergency.
- Obtain traveler's checks, and be ure to record the check numbers and mounts as you cash them.
- Don't overpack your bags.

f traveling in your own car. . .

- Be aware that your out-of-town cense plates may attract thieves.
- Remove all luggage when you ave the vehicle.
- If you must leave your ignition key the car, don't leave your home key ith it.

t the airport. . .

- Keep your tickets in a safe place nd your valuables with you.
- Use only authorized skycaps.
- Watch your belongings as they nter and leave the metal detectors.

Vhile in transit. . .

- Use only recognized taxi services, nd try to determine your fare eforehand.
- On buses or subways, sit or stand lose to other passengers, the driver or e conductor.
- In general, stay in well-lighted, opulated places when awaiting ransportation.

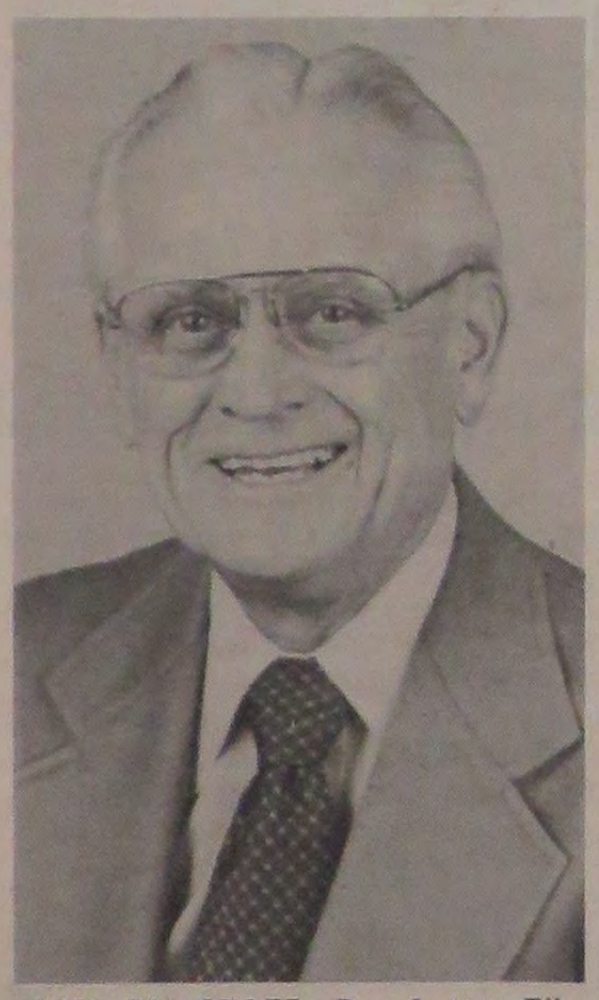
t your destination. . .

- Use all locking devices in the oom, and know your escape routes in ase of fire or other emergencies.
- Be sure of a visitor's identity efore opening the door. Open the door ith the chain lock secured to verify he caller's identity, or use the door iewer.
- Use streets that are well-traveled, nd select the most direct routes.
- Place your wallet in a front pocket ather than in a back pocket or coat; arry a handbag with an arm through he strap.

When traveling abroad. . .

- Don't publicize your travel plans, ut do let someone know your chedule.
- Don't use baggage tags that show your employer's name or logo.
- Don't exhibit large amounts of urrency.
- Above all, be discreet; keep a "low profile."
- Patronize only reputable hotels and restaurants, and avoid hotel paging.
- Don't establish a pattern of routes in daily activities.
- Know how to contact police, and report suspicious incidents.
- Avoid civil disturbances and areas known as "tourist traps."
- Use vehicles most common to the country. Travel in numbers when possible and not in remote areas.
- If you don't know the language, learn phrases such as "I need a doctor." Know how to use the pay telephones, and carry change.
- Refuse to meet with strangers in unknown or remote locations.

NES—courtesy of NAVSEACEN-PACDET NEWS)



NEW ON STAFF—Dr. Anton Zikmund joined the Naval Regional Medical Center Oakland staff on Dec. 28. A retired Navy Medical Corps officer, the physician is serving part time in the Primary Care Clinic. He maintains a private practice and has also been serving as an Industrial Medical Officer at NAS Alameda. Dr. Zikmund received his M. D. from Loyola University School of Medicine and is board certified in internal medicine. He was Chief of Medicine at Bethesda from 1953 to 1955.

VETS ASK:

Q—I was honorably discharged from the Army after serving four years, part of which was in Vietnam. Can I use my entitlement for a home loan and go to school under the GI Bill at the same time?

A—There is no restriction on receiving both of the benefits at the same time.

• • •

Q—I have been receiving VA outpatient care for a service-connected disability. Will the outpatient treatment reports be sent to the rating board for re-evaluation of my disability?

A—Generally, the veteran or his representative must request that the outpatient treatment reports be reviewed by the rating board for possible re-evaluation of the disability.

• • •

Q—When are dividends paid on participating National Service Life Insurance policies?

A—Dividends are normally paid on the anniversary date of the insurance policy.

Q—What is the maximum amount I can borrow on a Veterans Administration guaranteed home loan?

A—There is no legal maximum. The VA will guarantee 60% of the loan or $27,500, whichever is less. The total amount of the loan is determined by the policy of your lending institution and by your ability to repay the loan.

• • •

Q—When I apply for Veterans Administration benefits, what must I bring with me?

A—Recently discharged veterans must present carbon copy number four of their discharge certificate. This assures prompt processing of benefit applications.

• • •

Q—My husband is a 100% disabled veteran, but his disability is not service connected. Are we entitled to armed forces commissary and exchange privileges.

A—No. Only 100% service connected disabled veterans and their survivors are eligible for these priveleges.

• • •

Q—I've just been released from the service. Will the government help me get a job?

A—Assistance is available in finding employment in private industry, in federal service and in local government. Contact your local or state employment service, the U. S. Office of Personnel Management or the nearest Veterans Administration office.

• • •

Q—I was in Vietnam and believe I came in contact with Agent Orange. Will the Veterans Administration examine me for possible exposure?

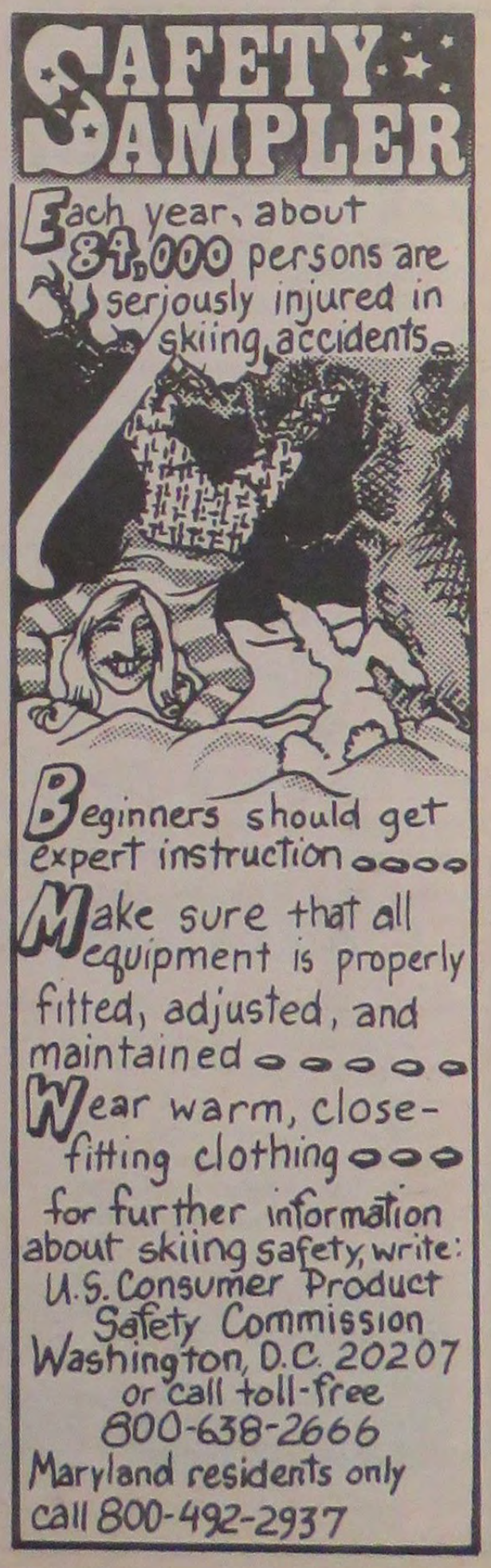
A—Yes. All Vietnam veterans can receive a physical examination at the nearest VA medical center.

• • •

Q—Are Veterans Administration benefits subject to taxation?

A—Almost all veterans benefits are non-taxable. However, there are two exceptions. One is interest paid on accrued GI insurance dividends left on deposit. The other is death settlement proceeds.

• • •





PRESENTATION—Mrs. Lesley Kopp (right) presents a $120 check in behalf of the NRMC Officers' Auxiliary to Captain Harold M. Koenig, Chairman of Pediatrics, to use for supplies in the children's ward in support of the Child Life Program. Witnessing the presentation was Ms. Sheri Szeles, Child Life intern from Mills College. The $120 was realized from the sale of handmade puppets at the auxiliary's November bazaar.

Request by mail

PHS medical records for former patients

Former patients (including active duty and retired service members and their dependents) of Public Health Service (PHS) hospitals and clinics that have been closed may obtain their medical records from: Director, PHS Data Center, 10000 Aerospace Road, Warehouse No. 1, Lanham, MD 20706.

Medical records 250 pages or less in length are free. There is a charge of 10 cents per page over 250 pages.

All Public Health Service medical facilities were closed or converted to community operation in the period Sept. 30 to Dec. 1, 1981 by mandate of the Omnibus Budget Reconciliation Act of 1981.

Patients of PHS hospitals and clinics that were not closed but converted to community operation may still obtain their records from those facilities. Since these facilities don't have new names yet, requests for medical records may be addressed to the *Former* PHS Hospital or Clinic. Following is a list:

Hospitals

US Public Health Service Hospital
3100 Wyman Park Drive
Baltimore, MD 21211

US Public Health Service Hospital
77 Warren Street
Boston, MA 02135

US Public Health Service Hospital
2050 Space Park Drive
Nassau Bay, TX 77058

US Public Health Service Hospital
1131 14th Avenue, South
Seattle, WA 98144

US Public Health Service Hospital
Bay Street and Vanderbilt Avenue
Staten Island, NY 10304

Clinics

US Public Health Service Outpatient Clinic
331 Veranda Street
Portland, ME 04103

US Public Health Service Outpatient Clinic
New Post Office Building
West 3rd St. and Prospect Avenue
Cleveland, OH 44114.

PHS reports a significant number of patients handled at these facilities were military and their dependents, since PHS hospitals and clinics were Uniformed Services medical facilities.

Congress is considering a proposed amendment to the Military Procurement Bill which would designate the converted hospitals and clinics as Uniformed Services facilities for a minimum of three years. If the amended bill passes, former PHS medical facilities converted to community operation would be authorized to again provide medical services to active duty and retired service members and their dependents.

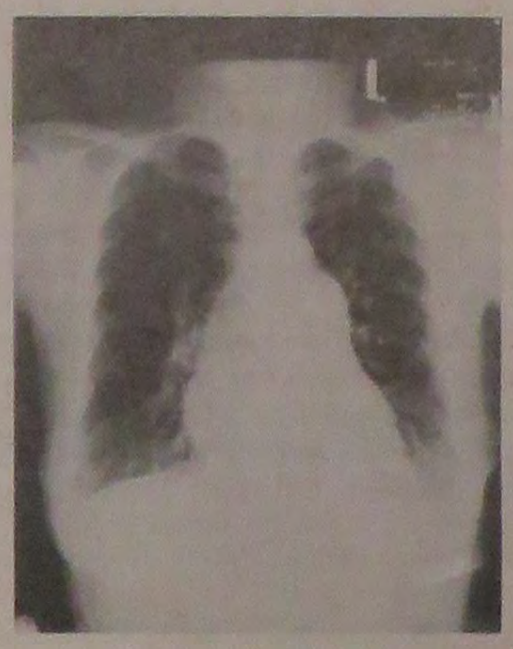
X-ray case of the week

Diagnosis: Eisenmenger's Syndrome associated with a VSD.

RAD: PA and LAT films showed cardiomegaly, enlarged calcified pulmonary trunk and left pulmonary artery, and prominent central arteries.

A calcified pulmonary artery is highly suggestive of pulmonary hypertension.

A number of the answers suggested pulmonary valvular stenosis. However, Eisenmenger's was not included.



MED • SCAN

A quick look at recent health care developments

Penicillin-resistant gonorrhea is on the increase in the U. S. according to t Centers for Disease Control. The sharp rise in incidence has prompted the CDC recommend strongly that a test for resistence be routinely run on all gonorrh patients throughout the country. **Even worse, the first gonorrhea infection resi tant to both penicillin and spectinomycin, the drug commonly used to treat t penicillin-resistant variety, has been found in California.** The infection, import from the Philippines, was successfully treated with tetracycline. But the airman w contracted the disease was lucky. Tetracycline has a failure rate of 20 to 25 perce against penicillin-resistant VD.

• • •

Those video display terminals (VDT) of word processors and other electron marvels **have caused a lot of people to fret about their effect on life and lim** The Food and Drug Administration's Bureau of Radiological Health reported th their testing "generally agreed with those of earlier studies done by the Nation Institute for Occupational Safety and Health and other organizations here a abroad. The consensus of the studies is that VDTs emit little or no harmful radiati under normal operating conditions; the emissions that are detectable are well belo any existing national and international standards. Fluorescent lamps, for examp emit more visible and ultraviolet light. Space heaters give off more infrared radiatio with no known ill effects. And VDTs emit less x-irradiation than TV sets." The co ments and investigation were triggered in part by allegations of cataracts and bi defects among VDT users at newspapers.

• • •

A Metropolitan Life Insurance study has found that **one sure way to live long is to be an orchestra conductor.** Researchers followed 437 male conductors fro 1956 to 1975. As a group their death rate was only 62 percent that of the to population and 38 below their specific age group. Surprisingly, the age group wh is assumed to be most affected by mounting professional responsibilities, 50 to 5 had the lowest mortality rate among the conductors—56 percent lower than th nonconducting contemporaries. But the **rank and file of the orchestra and ente tainers in general have a much higher death rate than the overall population.**

• • •

Persons who feel trapped in their jobs, who have little opportunity to mak decisions, little latitude in making their personal schedules on the job, and find th pace hectic, **run a high risk of contracting coronary heart disease** and suffer increased risk of cardiovascular disease. This report, published in the *American Jou nal of Public Health*, of a study conducted in Sweden also found a high incidence heart attack on blue Monday. People in higher levels of management frequently ha a lower rate of coronary heart disease because they have a greater degree of c sion-making which allows them to moderate the factors which might cause stres **Coronary heart disease is, of course, present on the executive level, but it rife in lower-status jobs.**

• • •

Those bright yellows and golden halos around bright objects in the paintin **of Vincent Van Gogh were his private vision, but did the vision come from th bottle?** Writing in the *Journal of the American Medical Association (JAMA)*, a st dent at Case Western Reserve University School of Medicine speculates that as confirmed Absinthe drinker, Van Gogh would have been subject to hallucinatio both auditory and visual. Absinthe, by the way, was outlawed in France in 1915 a in the United States in 1912.

• • •

Baby Louise, the first known "test tube baby" who was born in England, seeme to symbolize new hope to those women who because of Fallopian tube malfuncti cannot conceive. But in a report issued by the National Institute of Health, Bethesd Md., the **technique is judged to be largely a failure.** The problem is that the e fertilized in the test tube grows properly for only 24 hours. Thereafter the rate growth slows considerably behind that of a normally fertilized embryo. This slow growth rate prevents the normal development of all but a rare few of the implant embryos. The **failures have numbered in the hundreds.** There is hope, however, a new technique, tested successfully on monkeys, in which the egg is moved dow past the point where the tube may be blocked and then left alone. Fertilization th takes place naturally, with the success rate paralleling that of individuals with blockage problem. Perhaps as many as 500,000 American women are inferti because of blockage problems.

X-rays not advisable during pregnancy

If you're pregnant or think you might be, you know how important it is to take good care of yourself. You watch what you eat, cut out cigarettes and alcohol, and you're careful about prescription and over-the-counter drugs.

But x-rays of the abdominal area also deserve extra attention during pregnancy. According to the Department of Health and Human Services, the kinds of x-rays that involve risk to the unborn child are those of the mother's lower torso—the abdomen, stomach, pelvis, lower back, or kidneys. These may expose the unborn child to the direct x-ray beam.

During most x-ray examinations—like those of the arms, legs, head, teeth or chest—your reproductive organs are not exposed directly to the x-ray beams. So these kinds of procedures, when performed properly, don't involve any risk to the unborn child.

Most women will not need an abdominal x-ray during pregnancy. But, sometimes, because of a particular medical condition, your physician may feel that a diagnostic x-ray of your abdomen or lower torso is needed. this should happen—don't be upse The risk to you and your unborn child very small, and the benefit of findin out about your medical condition is f greater. But, even small risks shouldn be taken if they're not necessary.

You can reduce those risks by tellin your doctor if you are, or think yo might be, pregnant. The doctor ma decide that it would be best to canc the x-ray examination or modify it t reduce the amount of radiation. O depending on your medical needs an realizing that the risk is very small, th doctor may feel that it is best to pro ceed with the x-ray as planned. In an case be sure to discuss it with you doctor.

Another way to reduce risk is to tel your doctor about any similar x-ray you had recently. It is a good idea t keep a written record of any x-rays yo and your family have had.

For more information, send for free copy of *X-Rays and Pregnancy* Just write to Consumer Focus, Pueblo Colo. 81009.

Sailor of Year

(Continued from Page 1)



FRA HONOR—Mr. Bud Howe of Branch 121 presents a plaque in behalf of the Fleet Reserve Association to NRMC Oakland's Sailor of the Year.



HUMOR HELPS—Oak Knoll's Sailor of the Year has multiple responsibilities in his position with Operating Management Service, but finds that there is an occasional amusing sidelight in dealing with people.



HOW SWEET IT IS—Petty Officer Franks is caught by the camera as he sneaks a taste of frosting from the beautifully decorated cake served at a post-ceremony reception in his honor.

Lane, Carroll

(Continued from Page 3)

much rank as possible before retirement and to complete all degree requirements to attain a master's, while Carroll said that he wants to continue in the field of orthopedics and microsurgery.

Petty Officer Lane, 32, attended Idaho State University and the University of Maryland and is presently enrolled in the Southern Illinois University health care administration program. He has 12 years of Navy service and has served aboard the USS PIEDMONT (AD-17), and at NNMC Bethesda, Md.; 3rd FSSG, Okinawa, Japan; NAEC Lakehurst, N. J.; Naval Dispensary, Idaho Falls, Idaho, and NRMC Portsmouth, Va. He has also completed Hospital Corps School, Advanced X-Ray Technician School, Fleet Marine Force School, and Instructors' School. He has been assigned to NRMC Oakland for about a year and a half.

Petty Officer Carroll, the son of Mr. and Mrs. Hollis L. Jones, of Thomasville, N. C., is 21 years old and has been in the Navy three and a half years, most of the duty served at NRMC Oakland. He has received on-the-job training here as an orthopedic technician and has completed courses in microvascular and Operating Technician specialties. Other duty stations have been RTC Orlando, Fla. and NHCS Great Lakes, Ill.

Lane was a member of the team that took honors in the NRMCO and Regional Racquetball Tournament. He reports racquetball his "first love and golf a very close second." The petty officer and his wife are presently working to become foster parents.

Carroll played fooball and was assistant basketball varsity coach and center at Oak Knoll. He also enjoys music, backpacking, and other sports and is interested in human relations, formerly serving as a member of the command Human Relations council.

Pass in Review

By HM2 Charles M. Frye

Naval Regional Medical Center Oakland is the port of entry for all human remains shipped to the United States for burial in deaths occurring to Department of Defense employees, active duty Navy and Marine Corps personnel and their dependents in the Pacific Basin, an area west of California which includes the Hawaiian Islands, Guam, Antarctica and the Indian Ocean.

Because of the vast size of this region, a substantial burden is placed on the enlisted person assigned to Decedent Affairs, Overseas Branch, according to LCDR John Kraft, Chief of Patient Affairs. This responsibility currently rests upon the shoulders of Hospital Corpsman First Class Daniel W. Lewis, whose duties range from arranging shipment of the remains, seeing that they are handled in a dignified manner, and coordinating funeral services in the states.

"My area of responsibility is unique, for the Navy is the only remaining service that still has military morticians. The other branches employ civilians to work in that capacity," he explained.

Petty Officer Lewis is a licensed mortician and holds the Navy Enlisted Classification of 8496 (Embalming Technician). He said, "As an embalmer for the Navy my duties consist of inspecting the work done by contract morticians, preparing uniforms, seeing that proper awards and ribbons are in order, providing shipping arrangements, arranging for escorts, and maintaining liaison among funeral homes, family members, the Navy and other governmental agencies."

The Navy maintains mortuaries at three other locations—Quantanamo Bay, Cuba; Guam, and Naples, Italy. At those locations Lewis's counterparts actually perform the duties for which they are licensed.

HM1 Lewis is a graduate of the Commonwealth College of Mortuary Science, Houston, Tex. He entered this college after his original tour in the Navy where he served on the USS ORISKANY (CVA-34) as a Gunner's Mate and made two WESTPAC deployments to Vietnam aboard the carrier. He returned to the Reserves and mortician's school in 1965. He holds a license in Texas and California.

In 1974 Lewis came back on active duty and was first assigned to the Treasure Island Dispensary where Decedent Affairs was then located. After four years he requested and received orders to Guam where he received field experience in a humid climate "which presented a real challenge to the way you perform your work." Four years later he received orders back to the Bay Area and was assigned to NRMC Oakland. Upon occasion he has returned to Guam on temporary active duty to cover a shortage of personnel at that command.



HM1 Daniel W. Lewis
Mortician

The mortician holds numerous letters of appreciation and commendations for his efforts and has been awarded the Good Conduct Medal, Navy Unit and Meritorious Unit Citations, National Defense, Expert Pistol, Expert Rifle, Reserve Service, Vietnam Campaign ribbon and the Vietnam Service medal. He has also completed two courses in his specialty at Fort Lee, Va., in graves registration and memorial activities.

HM1 Lewis becomes eligible for transfer in November, but would like to extend his tour to 1984 at this command.

(Know an enlisted person who is working in an unusual or interesting assignment? If so, leave a message for HM2 Charles Frye at the Public Affairs/ Oak Leaf Office, or call Ext. 2113.

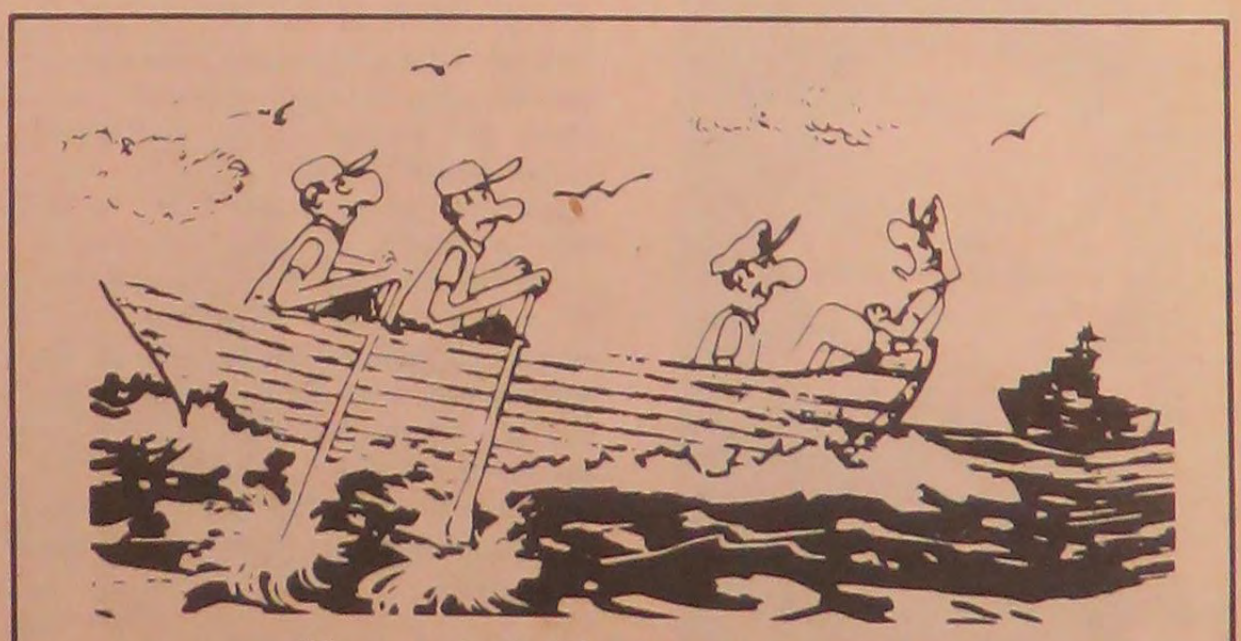
Collection benefits bereaved parents

Some $170 has been voluntarily collected among military and civilian personnel of Oak Knoll and been sent to aid the parents of three children who were killed in a recent mudslide in Pacifica.

Michele, Billy and Melissa Velez died when the storm-caused slide crushed their home and sent it tumbling down the hill in the middle of the night. The parents barely managed to escape but were unable to reach the children sleeping in back bedrooms. It took firemen and volunteers several days to clear the debris in order to find the bodies.

The Chief Petty Officers' Association made a $25 contribution to the cause.

According to Donna Ostrowski of Patient Affairs who volunteered to forward the donations, more contributions are expected from others who want to help the distressed parents.



"Like to see what this baby will do when I open her up?"



EARLY TALENT—Webelo Cub Scout Jim Keck, 10, of Oak Knoll's Pack 428, took first prize in a recent art contest (which drew entries from nearly 400 scouts of the Bay Area) and won a $100 U. S. Savings Bond. His pastel still life, held by Hospital Corpsman First Class Joseph Adams, Webelo leader, depicts three balls and a bat on a wooden chair. Congratulating the young son of Lieutenant Commander and Mrs. Keith A. Keck is Lieutenant Commander Earl Martin, recent Scoutmaster for Pack 428.

Child abuse in many forms

Child abuse comes in many forms, and these can occur simultaneously. The concept of the "battered child" has forced professionals to confront and explore an area that has long been avoided. Such exploration has given rise to the idea of "child advocacy," in which it is realized that young children because of limitations in intellectual development, language experience and legal standing need guardians to defend their physical and emotional well being. As a result, every state now has statutes advocating the mandatory protection of vulnerable or victimized children.

Physical abuse is the form of child abuse that is usually addressed; however, there are other methods of abuse:

• **Physical neglect** of a child results from parent failure to provide the basic physical necessities of life such as proper nutrition, warmth and cleanliness. Such inattention is frequently the result of profound immaturity in the parents' ability to cope with their own emotions—a form of neglect that is passive and unintentional. Consequently, the children may show poor weight gain or loss; enlarged abdomen; severe diaper rash; skin and eye infections; and, at a later age, learning disabilites.

• **Emotional neglect** occurs when parents ignore their children's need to be held, cuddled and the like. Without this affectionate behavior, an infant's physical, emotional and intellectual development may be stunted. Usually, most parents don't exercise emotional neglect on purpose. Rather, their behavior is a reflection of problems such as self-absorption due to depression or poor contact with reality.

"Failure to thrive" is an extreme form of emotional neglect seen in infants soon after birth. They demonstrate poor growth, particularly in weight. Initially, when infants failed to thrive, doctors suspected major disease of the heart, kidney or nervous system as the cause. But negative medical results, coupled with dramatic weight increases when a child was hospitalized and cared for, demonstrated otherwise. Thus, this failure to thrive reflects the lack of a primary child-mother bond that is critical to a child's growth and development.

• **Emotional abuse** is characterized by the willful and consistent heaping of anger, hostility, shame or rejection on a child, which can damage a child's emotional development—a child's fragile self-esteem. At times, all parents get angry with their children and sometimes lose control over these emotions. But children who feel that they are loved can handle these occasional outbursts without losing their confidence.

• **Sexual abuse** is far more rampant than imagined. More cases are being reported, and more knowledge is emerging. This abuse ranges from casual stimulation to incest. The father abusing his oldest daughter is the most common form, usually beginning when she is of school age and continuing through adolescence until the daughter decides to speak out. Also, in many cases, the mother who had functioned as the sexual partner early in the marriage, but bowed out of this role for various reasons, chooses to look aside while her husband shifts his attention to the daughter. Although such incestuous activity takes place in the home when other family members are out or asleep, they also suspect but choose to deny it. The young girls are not only abused by their fathers but are left unprotected by other family members. (NES)



"We should've listened"

More than embassy registration needed if child born overseas

Children born to American parents in foreign countries are American citizens by birth under federal law. The catch comes when and if you have to prove it.

In almost every instance, these births are registered with the U. S. embassy in the country of birth. Many parents, however, assume erroneously that no further action need be taken to establish the child's citizenship.

Registration of a child's birth with the State Department or with the American consulate or embassy overseas does not serve as absolute proof of citizenship. It does serve to record that the birth occurred.

Upon the parents' return to the states, they should apply to the nearest office of the Immigration and Naturalization Service for a certificate of citizenship for their foreign-born child or children.

This certificate, when obtained, can be used with assurance in instances where proof of citizenship is required. If your child does not have a birth certificate issued by one of the 50 states as proof of citizenship, the Certificate of Citizenship serves as that proof.

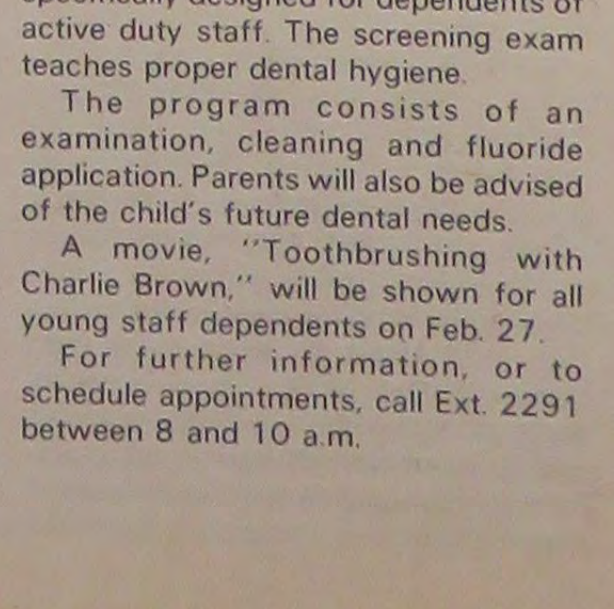
In order to obtain a certificate, parents must file a Department of Justice Form N-600, Application for Certificate of Citizenship, with the nearest immigration office.

In addition, the birth certificates and marriage certificate of both parents, child's birth certificate issued by the foreign government or the overseas U. S. government hospital, three photographs of the child and a $10 fee must accompany the N-600 application.

If no birth certificate is available, the Department of State Form FS-240—Report of Birth Abroad—can be submitted as a substitute. The immigration office will accept copies of this for filed with the N-600.

Persons needing additional inform tion should contact their base leg offices. *(From Air Force News Servic written by Alonzo S. Westboo Keesler Law Center, Keesler AF Miss.)*

Dental Service offers kids' exam



The Naval Regional Medical Center's Dental Service, in conjunction with the American Dental Association, will locally sponsor Children's Dental Month in February.

The dental health program is specifically designed for dependents of active duty staff. The screening exam teaches proper dental hygiene.

The program consists of an examination, cleaning and fluoride application. Parents will also be advised of the child's future dental needs.

A movie, "Toothbrushing with Charlie Brown," will be shown for all young staff dependents on Feb. 27.

For further information, or to schedule appointments, call Ext. 2291 between 8 and 10 a.m.

BIRTHS

The following new additions to th Navy medical "family" have arrived Oak Knoll:

A baby girl to LCDR David Thompson, Anesthesiology, and wife Carol Yvonne, Dec. 10.

A baby boy to HN Rex R. Lippold, North, and his wife, Sherie, Dec. 11.

A baby girl to HM3 Reginald Robinson, USS CORAL SEA (CV-43 and his wife Mychell, Dec. 19.

A baby girl to LT Clyde Faucet Internal Medicine, and his wif Gretchen, Dec. 27.

A baby boy to HM2 Robert A Brandt, Fleet Hospital Support Office and his wife Lynne, Jan. 1.

A baby girl to LT Daniel C. Brooks Orthopedics, and his wife Theresa, Jan 5.

A baby boy to LCDR Charles Blankenship, Surgery staff, and wife Susan, Jan. 8.

A baby girl to HM1 Gary Silk, Phot Lab, and his wife Kaydie, Jan. 11.

DOD dependents above other students

For the sixth consecutive year, stu dents of the Department of Defens Dependent's Schools averaged highe Scholastic Aptitude Test (SAT) score than did U. S. students nationwide.

Almost 25 percent more DoDD students chose to take the SAT 1980-81 than took it last year, official said.

DoDDs students scored 11 point higher than the national average on th SAT verbal test and 12 points highe on the SAT math test. DoDDS studen scores also averaged higher than th national average on the majority o separate achievement test administered as part of the Colleg Board Admissions Testing Progran and on the Test of Standard Writte English, also a part of that program.

Big rummage sale to benefit museum

The Oakland Museum's Whit Elephant Sale, reputed to be the Ba Area's best rummage sale, will be hel Feb. 27 from 9 a.m. to 4 p.m., and Feb 28 from 11 a.m. to 4 p.m. at 196 Embarcadero, Oakland.

Best access to the sale site is fro the 5th Ave./16th Ave. exits off High way 17. Shuttle buses will also ru from 7th and Fallon Streets.

The museum association' Women's Board is already hard at wor collecting used and new items of a kinds for the sale.

Donations to the rummage sale ar tax-deductible and all proceeds benefi the Museum.

Nearly 10,000 burned by hot coal, wood stoves

Coal and wood burning stoves are in, and burn injuries are increasing.

The U. S. Consumer Product Safety Commission, which keeps tabs on injuries to adults and children caused by consumer products, says that some 9,800 people were rushed to hospital emergency rooms last year to treat burns suffered from contact with coal and wood stoves and free standing fireplaces. There were also reports of house fires triggered by improperly maintained or installed stoves.

CPSC notes that a number of accident patterns have developed since the return to popularity of the stoves:

• **Improper placement in the home.** Extremely hot flues and stoves can set fire to nearby walls, floors and furnishings. A minimum 3 ft. clearance is recommended by the National Fire Protection Association on all sides of stoves that do not carry certification by a recognized testing organization. No stove should be installed with less clearance than that recommended by the manufacturer.

• **Body contact with the stove or flue.** Aside from the obvious hazard of clothing igniting on contact with the stove, there have been reports of accidental falls against the stove itself, this resulting in painful burns. Common sense dictates all family members should stay away from the stove when it is in use.

• **Burns from using flammable fluids.** Gasoline and other volatile liquids should never be used or stored where their vapors may reach an ignition source, such as the stove. Serious fires occur each year when these vapors explode in the home.

• **Improper venting.** Coal and wood require oxygen to support combustion, therefore there must be adequate venting to allow for the escape of carbon monoxide and the intake of oxygen. Proper installation and routine maintenance are important to assure proper operation of the stove; creosote buildup in the flue or chimney also increases the risk of an accidental fire. Therefore, flues should be cleaned routinely. Keep a fire extinguisher in the room in the event of a flue or chimney fire.

If you are considering installation of a stove to save energy dollars, you should contact the fire marshal in your community or city for building and fire code provisions relating to wood stoves. Products that carry certification labels from a nationally recognized testing agency would be a wise choice for the home.





BEDSIDE CEREMONY—When Frances Barker (left) and Mary Paternoster (right) of Unit 10, Fleet Reserve Association Auxiliary, came out to present a $100 donation to Kay Barnett for the hospital patients' ceramics program, they elected to make the award at the bedside of another auxiliary member, Lois Shepherd, an inpatient. Mrs. Shepherd examines one of the ceramic elephants painted by a patient while Mrs. Barnett displays the monetary gift.

How to cool your hot water

Heating the water for the average house takes about one-third of all the energy used in the dwelling.

Getting out of hot water bills is another simple energy-savings step.

If the thermostat on your water heater is set between 140°-160°, you can reduce the setting down to 110°-120° and save at least $20 a year for electric water heaters and $10 a year for gas water heaters.

If this change in thermostat setting produces spotty dishes in the automatic dishwasher, or if there isn't enough hot water for all the household needs, you can always turn the dial back up a little. Remember, though, the lower the setting the more money you will save.

Anybody with a screwdriver and five minutes to spare can reset the water heater thermostat.

Caution: If you are resetting an electric hot water heater, turn off the circuit breaker for the appliance before removing any plate.

At the front of most water heaters there are one or two plates held on by screws.

After you have turned off the circuit breaker, remove both plates. This is important, since on electric water heaters, both the top and bottom control must be reset.

Push back the insulation and you will see the thermostats. They will have either numerical settings or simply the designations "high," "medium," or "low."

Reset both thermostats to 120° or "low."

Gas hot water heaters have one setting device at the bottom where the pilot light is located. This should be set in the same manner as above.

A quick energy saving fix for less than a dollar is the installation of a flow controller in the shower head. You still enjoy a comfortable shower, but you cut the flow of hot water through the shower head from five gallons a minute to about three gallons a minute. Simple to do, also. Your nearest hardware store will have a flow controller for your shower head. Back home, simply reach up, screw off the shower head, place the flow controller inside, and you have instant savings. If you have any doubts about the size needed, take the entire shower head up to the hardware store and let an expert there advise you.

Navy Relief offers help in self/family budgeting

Meeting one's basic living expenses for the essentials of food, shelter, gas and electricity is the top priority in the budget of any responsible person. However, year in, year out, Navy Relief receives more requests for help with such expenses than all other categories of assistance. Nearly $6 million in Navy Relief interest-free loans and grants were provided to sea service personnel and their dependents for these basic living expenses in 1981. At NAS Alameda alone, the Auxiliary's assistance for such needs totaled over $196,000.

Navy Relief understands that often the requirement for this assistance stems from circumstances beyond an individual's control, such as non-receipt of an allotment or an unexpected PCS move. Although Disbursing is now able to pay dislocation allowance and dependent's travel allowance in advance of PCS moves to eligible personnel, many families may require a loan for the security and/or utility deposits. Navy Relief can and does provide such assistance to individuals entitled to full BAQ, married or single, as long as the housing chosen is affordable on a continuing basis. The key question in assistance with establishing a household is affordability within a realistic budget. It would be wrong for Navy Relief to help people get in over their heads financially, and it does not.



"Helen, I'm afraid we can't make the party tonight. Admiral Halsey, here, is losing the battle of Midway."

The majority of Sailors and Marines manage their money adequately. In some cases, however, requests for assistance with basic living expenses are made because the servicemember or his spouse has spent so much of their income on their "wants" and "desires" that they cannot meet their rent or pay their utility bills. One-time assistance may be in order to prevent immediate hardship. However, the real need here is for the individual and family to control their spending to live within their income. All Navy Relief interviewers are trained to assist in personal financial management. They can and will help such persons develop a realistic budget and counsel them on how they can cope with the financial problems they have incurred through mismanagement and poor planning. It is the responsibility of the individual, however, to live within his or her means in the future.

Many prudent servicemembers take advantage of Navy Relief's knowledge of budgetary planning BEFORE their financial difficulties become so acute that they need a loan. An ounce of prevention can avoid real problems. Call the East San Francisco Bay Auxiliary office at 869-4188 for an appointment if you want to use this free service.

What was Iran called?

WASHINGTON (NES)...Just how adept are you in current foreign affairs? Test yourself by matching the places' former names with their new names:

Old	New
1. Belgian Congo	A. Bangladesh
2. Ceylon	B. Ghana
3. Ciudad Trujillo	C. Ho Chi Minh City
4. East Pakistan	D. Iran
5. Gold Coast	E. Kalaallit Nunaat
6. Greenland	F. Santo Domingo
7. Persia	G. Sri Lanka
8. Rhodesia	H. Tanzania
9. Saigon	I. Thailand
10. Siam	J. Volograd
11. Stalingrad	K. Zaire
12. Tanganyika	L. Zimbabwe

Answers: (1) K, (2) G, (3) F, (4) A, (5) B, (6) E, (7) D, (8) L, (9) C, (10) I, (11) J, (12) H.
(Courtesy of *Bee in the Know*)





RECORDING STARS—Lieutenant Nelson Clark (banjo) of Occupational Therapy and Lieutenant Jay Hoppus (guitar) of Pastoral Care Service teamed up to record in Nashville, Tenn., last fall. Title of the vocal/instrumental, now on the market, is "Humble Beginning," composed of Gospel music written by Chaplain Hoppus, who believes in getting across his messages through music as well as sermon.

'Fun Run' in the rain

The NRMCO "Fun Run" was held as scheduled on Dec. 19, but because of inclement weather, the race was run with no age groups, only male/female categories.

Top finishers were:

Five Miles (Males): Paul Farrier, first, 22:15; Randy Guzman, second, 23:50; J. P. Brown, third, 24:09, followed by Richard Kline and Frank Cruice, in that order.

Five Miles (Females): Susan Colligan first, Rose Blake, second.

Two Miles (Males): Paul Farrier, first; A.K. Brown and Ben Franklin, tied for second; Richard Kline, third.

Two Miles (Females): Susan Colligan first, Rose Blake, second.

All participants received T-shirts and trophies will be awarded to the top runners soon.

The planning committee expresses particular thanks to HMCM Albert Y. Marumoto of Special Services, and timers HM1 Gerald Koltes, RP2 Brian Carroll, HM3 S.L. Stevenson, HM3 Kim Broomall and HN K. L. Rivers.

Beam returns to the Porthole

Returning by popular demand to the Porthole, the enlisted club on base, is Ray Beam, a hypnotist of international acclaim. He is to appear only for tonight.

Beam combines the unusual and the humorous in his act, using only volunteers from the audience as his subjects in a tasteful and safe manner. He is reputed to be a leading authority on the scientific use of hypnosis.

National Prayer Breakfast to be observed at hospital

The National Prayer Breakfast will be observed locally on Feb. 12 at 7 a.m. in the hospital's third floor main dining room. Plans for a special guest speaker are underway but a commitment has not yet been made, a Pastoral Care Service spokesman said, adding that more information will be forthcoming.



All hands are invited to attend the breakfast. Tickets may be purchased at normal prices from the cashier. Attendees are encouraged to go through the food line and then to the designated eating area.

The National Prayer Breakfast is sponsored by the U. S. Senate and House prayer groups. The purpose of the occasion is to bring together the leadership of the United States in recognition of the moral and spiritual values upon which our nation is founded. In 1953, members of the Senate and House prayer groups established, with President Eisenhower, the first Presidential Prayer Breakfast. The 1982 breakfast marks the 29th anniversary of the event that has taken place each year since 1953. The President, Vice President, the Cabinet, members of the Senate and House of Representatives, the Supreme Court, government officials, military leaders and others from across the nation usually attend.

Navy sledders national champs

On Jan. 3, the U. S. Navy team won the national championship for four-man bobsleds on the mile-long Mount Van Hoevenberg run at Lake Placid, N. Y. The team of driver BM1 Bill Renton (from Commander Naval Special Warfare Group Two), BM2 Steve Clayton, USS HOIST (ARS 40), DP3 Wayne DeAtley, USS PIEDMONT (AD 17), and BM2 Carl Flanagan, Seal Team Two, sustained speeds of nearly 60 miles per hour through the four heats of competition to finish with a total time of 4:05.90.

In a related story, JO3 Donna Burke, attached to Navy Internal Relations Activity, Washington, D. C., was named Amateur Athlete of the Year for the sport of luging (similar to one-man bobsledding) by the U. S. Olympic Committee. JO3 Burke was nominated for the award by the U. S. Luge Federation after capturing the National Women's Luge Championship in 1981.

MOVIES

Friday, Jan. 22, 6:30 p.m.—CONDORMAN—Michael Crawford, Oliver Ree Adventure/PG

Saturday, Jan. 23, 1 p.m.—THE FIENDISH PLOT OF DR. FU MANCHU—Pe Sellers, Helen Mirren—Comedy-Mystery/PG

Saturday, Jan. 23, 2:40 p.m.—THE BLACK STALLION—Mickey Rooney, K Reno—Drama/G

Sunday, Jan. 24, 6:30 p.m.—THE LAST WORD—Richard Harris, Karen Blac Drama/PG

Monday, Jan. 25, 6:30 p.m.—ROUGH CUT—Burt Reynolds, Lesley A Down—Comedy/PG

Tuesday, Jan. 26, 6:30 p.m.—ESCAPE FROM NEW YORK—Kurt Russell, Van Cleef—Action-Drama/R

Wednesday, Jan. 27, 6:30 p.m.—CHEECH-N-CHONG'S NICE DREAMS Richard Marin, Tommy Chong—Comedy/R

Thursday, Jan. 28, 6:30 p.m.—GAS—Susan Anspach, Howie Mandel—Co edy/R

Friday, Jan. 29, 6:30 p.m.—PATERNITY—Burt Reynolds, Beverly D'Angel Comedy-Drama/PG

Saturday, Jan. 30, 1 p.m.—THE APPLE DUMPLING GAME RIDES AGAIN—J Knotts, Tim Conway—Comedy/G

Saturday, Jan. 30, 2:30 p.m.—WHY WOULD I LIE?—Treat Williams, Eichhorn—Comedy/PG

Sunday, Jan. 31, 6:30 p.m.—THE VISITOR—Glenn Ford, Shelley Winters—H ror/R

Monday, Feb.1, 6:30 p.m.—AIRPLANE—Robert Hayes, Julie Hagerty, Con PG

Tuesday, Feb. 2, 6:30 p.m.—CARBON COPY—George Segal, Susan James—Comedy-Drama/PG

Wednesday, Feb. 3, 6:30 p.m.—AN EYE FOR AN EYE—Chuck No Christopher Lee—Action/R

Thursday, Feb. 4, 6:30 p.m.—STUDENT BODIES—Kristen Riter, Matt Goldsb Horror-Comedy/R

Marine World's 30% discount

Marine World's company discount program, formerly known as the Seafari Club, is taking on a new name, the "Wild Card Club." The cards are now available in Special Services on base.

As a special introduction, Marine World is offering a full 30 percent discount on admission to the park for the first three months of the campaign (weekends through March 28). That's a savings of $2.70 for adults and $1.95 for children and twice the normal Wild Card discount of 15 perce

In addition to the "Double Your D count" offer, the new Wild Card a entitles personnel to a 20 percent d count on photo finishing at all North California Fotomat stores, and spe rates on meals at all participating Ca Maria restaurants.

According to Sally Young of Spec Services, this is a very good price a time when the park is not crowded.

Cats like rain

The East Bay Regional Park District reports that the recent severe storms have hampered trout fishing success in Lake Chabot (Castro Valley), but have improved catfishing action.

The rain brings up worms from the soil and those are washed into the lake. This seems to have started a feeding frenzy among the cats. A 10 lb. and 11 lb. catfish recently took honors, with many limits of smaller fish (1-2 lb.) being taken from shore in the base cove area of the lake.

Best bait is chicken livers for the larger fish, with the nightcrawlers being more effective for the pan-sized fish.

Jewish retreat set by CREDO

Jewish personnel and adult dependents are eligible to attend the Jan. 29-31 Jewish Spirituality Retreat sponsored by the Chaplain's Religious Enrichment and Development Operation (CREDO).

The retreat, led by Chaplain Bernard Frankel, will emphasize the meaning of Jewish identity through the media of Jewish worship, sabbath observance, study, recreation and fellowship. There is no cost for military members or dependents.

A bus will convey attendees from CREDO House San Diego on Harbor Drive, across from the B Street Pier, to the retreat site in Julian, Calif., at 1 p.m. Friday (Jan. 29) and return at 3 p.m. the following Sunday.

It is important that interested personnel phone CREDO for reservations as soon as possible at (714) 235-3621 or Autovon 958-3621.



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the Oak Leaf

NAVAL REGIONAL MEDICAL CENTER. OAKLAND. CALIFORNIA.

Friday, February 5, 1982



TESTING—Senior Gunner's Mate Chief Ronald W. Kitterman (earphones) is checked by Dr. Charles E. Fankhauser 12 days after the senior chief had surgery here to remove a large tumor on the hearing nerve of one ear.

Brain waves monitored during neuroma removal

In what local physicians believe to be the first attempt at a federal hospital, an Oak Knoll surgical team recently removed a large tumor on the hearing nerve of a patient while monitoring brain wave response on a comparatively new measuring device.

Senior Gunner's Mate Chief Ronald W. Kitterman, 41, of the Strategic Weapons Facility, Bangor, Wash., and a 22-year Navy veteran, lost the hearing in one ear nine years ago and was losing function of the other from a rapidly growing, but benign, acoustic neuroma.

Although the Jan. 13 removal of the tumor was successful, his hearing was not spared, largely due to the size of the growth, specialists said. According to a staff otolaryngologist, the senior chief would have become deaf within four months if the operation had not been performed, adding there was also a strong possibility that the tumor would eventually cause death.

The procedure was done in a combined approach by the Neurosurgery and Otolaryngology (Head and Neck Surgery) departments, with Dr. Charles E. Fankhauser, Chief of Audiology, doing intraoperative monitoring of brain wave response to an auditory stimulus in the operated ear. Capability of performing this type of procedure with monitoring of the patient is found in only three Northern California hospitals, and less than 20 hospitals nationwide, the otolaryngologist said. "It is hoped that this will be the beginning of an increasingly more successful series of procedures of this type," he declared.

Senior Chief Kitterman expects a medical discharge from the service. He is already learning sign language and has entered a rehabilitation program.

Something new under the sun

An enthusiastic crowd almost filled the Clinical Assembly to help launch the medical center's new *StayWell* program on Jan. 21.

Dr. William Runyon, Chief of Primary Care and Emergency Services, and director for the program, geared his presentation, "The Road to Health—Which Way Do I Turn?" toward our major health problems and the role of individual responsibility.

He addressed such problems as alcohol and tobacco abuse, obesity, stress and safety hazards, among many other health threats that we may face as individuals. He cited how only 10 percent of our health care is obtained through formal medical provisions such as hospitals, doctors, nurses

(Continued to Page 3)



LOOK FOR THE SUN—Medical Corps Lieutenant Commander William Runyon displays a poster carrying the logo of the *StayWell* program. Watch for these sunshine posters around the hospital for announcing monthly programs.

R. C. Owens, speaker

Breakfast date changed

As they say in football, we've had to call an "audible" at the line!

In other words, change the original call. The National Prayer Breakfast will now be observed here **Thursday, the 11th of February,** vice the 12th, as previously announced. The event will be held in the Main Dining Room of the hospital and all other information remains the same.

It is our good fortune this year to have **R.C. Owens from the World Champion San Francisco Forty-Niners as guest speaker.** R.C. was a wide receiver for the "Niners" who gained fame for his reception of many clutch, "alley-oop" passes. Currently his job is Special Assistant for Forty-Niner Public Relations. He will show a film entitled "Making the Extra Effort" (which evidently made the difference this year for the Niners).

Check the Plan of the Day and bulletin boards for additional biographical information.

All hands are invited to attend. Tickets may be purchased at normal prices from the cashier. Attendees then go through the food line and proceed to the eating area.



DOD VISITOR—Army Major General William S. Augerson (right), Deputy Assistant Secretary of Defense for Health Policy and Planning Systems, is met upon his arrival at Oak Knoll last week by Lieutenant Alan Kay of Management Information Service. The major general, accompanied by several other staff members from his Washington office, paid an informal visit to review the recent installation of the TRILAB system at Naval Regional Medical Center Oakland.



GIFT—Captain Richard W. Poley (left), Chief of Laboratory Service, receives the gift of a coffeemaker for the new blood donor center from HMCM Charles Dackerman and HMC Rose Percival, representing the Chief Petty Officers Association of the command.

EDITORIAL

SECURITY is an ALL-HANDS job!

By MAC Edward Sharp

"3-1, this is 3-2. . . 10-19, Fourth Deck, Code 145."

Does that phrase sound familiar? Expressed in plain language it tells of another sailor falling victim to a theft. There were more than 130 such calls voiced by Security last year. **Once every three days** a theft occurs within the hospital. . . and these are just the ones reported.

The responsibility for safeguarding government property is an **ALL-HANDS JOB.** Do not lose sight of the fact that the Security Division is comprised of fellow sailors—Hospital Corpsmen, Signalmen, Machinist's Mates, Masters-At-Arms—and hold no special answers to your problems. So before you say, "I don't want to get involved," "It's not my job," etc., you should remember that YOU took the same oath of enlistment as the Security patrolman (sailor).

Security Patrolmen are frequently challenged by personnel as to their status and purpose in the hospital. However it seems that often a complete stranger can wander aimlessly, unchallenged or questioned. Everyone "assumes" the stranger belongs there. You can be assured a thief knows precisely where he's going and what he is looking for. The stranger that goes unchallenged may also go with your paycheck, watch, rings and credit cards in his possession.

Let's assume some technical equipment is taken from the hospital. How can you provide quality patient care (our mission) without the proper medical tools? You can't! Don't let an attitude of "not my job" cripple your effectiveness. There will always be a need for Security Patrolmen as long as other personnel show no concern or responsibility in helping to prevent crime, large or small. If you are not a part of the preventive solution toward crime prevention, then YOU are definitely a part of the problem.

The bottom line is **"Security is an all-hands job!"** Be aware, or beware! Take charge of your surroundings and help your shipmates who wear badges.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

A grateful family says 'thanks'



The wee one seeming to wave "hi" at right is Erin Jean Silk. She was born Jan. 11 at 4 lbs. 2 oz., seven weeks early.

She wouldn't be here today if it weren't for a lot of people in this hospital to help us through the whole ordeal.

We really don't know how to thank all of these people for everything they did, and a single box of candy just doesn't seem appropriate. We are hoping that this will let each of them know that we thank God each day that they were here when we needed them.

It would be impossible to list each by name, but we would like to thank all of the obstetricians, all the nurses and staff members on 8 West, the staffs of the labor deck, the operating room, recovery, ICU—and above all—the pediatricians and nursery staff who pulled Erin through the roughest first weeks of her life.

Each and every one of these people have been kind and gentle to all of us. We will never forget how they touched our lives in their individual ways. We thank them so very much.

Garry, Kaydie, Erika and Erin Silk

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

A real 'pro' shows leadership

By JO2 Jeff Wooddell

Professionalism is not an outdated word these days. With the current interest in the wearing of the uniform and personal appearance, it's being used more and more to describe today's sailors.

Professionalism is defined as "engaging in worthy standards; pursuing an activity in an intensive, calculating manner," and it's up to petty officers to make every effort to live up to that definition. The young sailor whose goal is to become a part of this profession can certainly expect increases in pay and allowances as well as additional privileges. But before this first milestone can be reached, he or she must be willing to accept an equal share of the responsibility for upholding the high standards of tradition, pride and professionalism of which Navy members can be proud.

Rapid technological and social changes have complicated the leadership role of the petty officer through the complexity of the tasks and skills that must be mastered in order to perform duties effectively, and the various attributes, attitudes and values that have been created by those changes over a period of 20 years.

You, as a petty officer, must demonstrate to your fellow service members that you are a qualified leader—competent in all phases of your responsibilities. Service members expect answers—rank alone no longer ensures automatic respect and admiration. When accepting this important position, it is essential that the new petty officer be watchful of his or her conduct, exemplary in the performance of duty and ever mindful of the important roles that he or she performs as leader, trainer and supervisor.

Leadership is the ability to teach, to inspire and to get the job done.

But no one can become an effective leader unless one is cognizant of his or her capabilities and limitations. So become more aware of your strong and weak points, then take steps to increase the strong ones and diminish the weak. If you need more education, go back to school. If you're handicapped in the proper way of handling people, talk to some of your senior petty officers to find out how they developed their leadership skills. Becoming a petty officer demands many personal sacrifices and much hard work. The desired result is total devotion to duty; and once these achievements are locked into a petty officer's performance, he or she can then add that fourth credential to being a leader, a trainer and a supervisor—a professional. **(NES)**

Our patients write. . .

I wish to commend Dr. Peter Fern for the care and consideration he extends to his patients.

I first saw Dr. Fern in the summer of 1979. . . He quickly calmed me, banishing all my fears, and impressing me so very much with his medical proficiency the fears did not recur. I saw him that fall and he again impressed me with his medical competence and his caring about the patient. I then requested Dr. Fern for my annual. . . examinations in 1980 and 1981 and he performed his routine procedures with a thoroughness unknown to me in prior years.

During these three years I have witnessed the professional growth of Dr. Fern, his increased self-confidence, and his maturity in the medical field. It must reflect the inspiration of his superiors to achieve goals within the Navy system as well as considerable effort by Dr. Fern.

I hope the Navy continues to recruit, train and retain doctors of the caliber of Dr Fern.

Thelma S. Prescott
Sanger

• • •

I wish to express my gratitude to the doctors and corpsmen in ICU for all they did for my brother, Harold Von Gross. Especially I wish to commend Corpsman Phillip Tevlin who was on duty the day my brother passed away.

Phillip was more than professional—he was compassionate and truly caring. Having him present during those long hours was a great comfort to me. I know Harold could not have received better care than Phillip provided.

Susanne Lynch

• • •

I have just been released from this facility as fit for duty after surgery. I would like to take this time to sincerely thank the General Surgery Blue team headed by Dr. Traquina.

I wish to especially commend Dr. Upton who performed the surgery and made this fearful time for me a calm experience and assured my daughter of a normal recovery for me.

I can't forget Dr. Day, the wonderful anesthesiologist, and the feeling of caring as expressed by Mrs. Oller and an unknown person as I was prepared for surgery.

I am an employee of this hospital and I am so grateful to the civilian workers here who were "family" during my stay.

Gladys T. Mitchell
Appointment Desk Operator No. 2

• • •

This is the best damn hospital in the system!

Thurman Wright



NAVAL REGIONAL MEDICAL CENTER
OAKLAND, CALIFORNIA

RADM W.M. Lonergan, MC, USN, Commanding Officer

CAPT Joseph P. Smyth, MC, USN, Director of Clinical Services

CDR Frank D. Fisher, MSC, USN, Director of Administrative Services

Editor: Betty Beck

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HM2 David Wm Sheffield

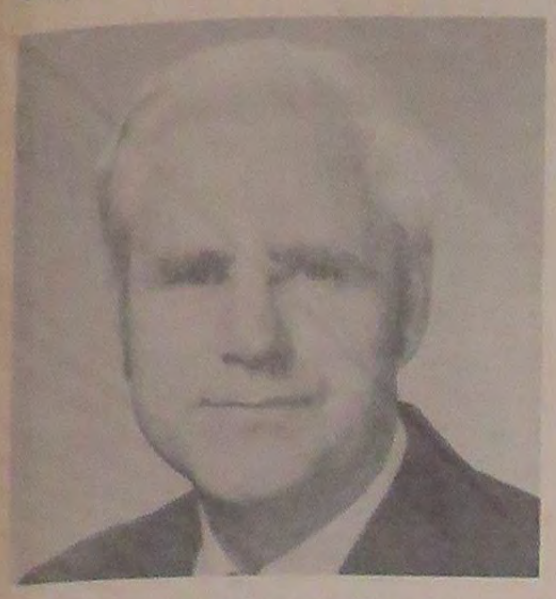
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Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.

Former Navy chaplain dies

Services were held Jan. 20 in St. Luke's Chapel on base for retired Navy chaplain Ralph Caldwell, once chief chaplain at Oak Knoll. Interment followed two days later with full military honors at Arlington National Cemetery.



Chaplain Ralph Caldwell

The chaplain died suddenly during a scuffle when he went to aid a neighbor grappling with youths apparently stealing gasoline.

Chaplain Caldwell, 58, was on the Oakland staff from September 1964 to September 1965, and again from April 1971 to January 1973. Following his Navy retirement he served as chaplain of Alameda County's Santa Rita jail.

He is survived by his wife June; five children, Courtney, Jeffrey, Jennifer, Christina and Meg; and three granddaughters. The family home has been in Pleasanton.

Graduation soon for PMT students

Twenty-three members of Class No. 96, Preventive Medicine Technician School, will graduate in ceremonies scheduled to be held in the Clinical Assembly at 9 a.m., Feb. 19.

As of this writing, neither the class spokesman nor valedictorian had yet been selected.

Graduates, and their new duty stations are:

HM3 James L. Burrell, National Naval Medical Center, Bethesda; HMC Michael E. Cantatore, U.S. Coast Guard Training Center, Government Island, Alameda; HM3 Allen B. Chackman, NRMC Quantico, Va.; HM3 Frank J. Cruice, Naval Submarine Center, Groton, Conn.; HM3 Cynthia J. Dixon, NRMC San Diego; HM3 Michael Evans, NRMC Long Beach; HM3 David A. Forde, Naval Support Facility, Diego Garcia, and HM3 Robert S. Harrington, Naval Hospital, Bremerton, Wash.

Also, HM2 Treneater C. Horton, NRMC Pearl Harbor, Haw; HM3 Norma M. Kropelnicki, NRMC Great Lakes, Ill.; HM2 Carl J. Lindemann, Branch Clinic, El Centro, Calif.; HM3 Jerry W. Lombardi, USS GUADALCANAL, home ported in Norfolk, Va.; HMC Richard E. Miller, NRMC Okinawa, Japan; HM3 Arthur E. Mitchell, Disease Vector Ecology and Control Center, Alameda; HM1 Ronald C. Rhodes, USS SARATOGA, homeported in Mayport, Fla., and HM1 Terry R. Roscoe, NRMC Quantico, Va.

Also, HM3 Clarence Sims, USS LAND, homeported in Norfolk, Va.; HM1 Berwin J. Slusarczyk, Naval Air Station, Dallas, Tex.; HM3 Christopher M. Stainbrook, NRMC Camp Pendleton, Calif.; HM3 Gregory E. Stephens, NRMC Orlando, Fla.; HM3 William D. Threet, NRMC Oakland; HM3 Zigfrid R. Tomsons, Branch Clinic, Lakehurst, N.J., and HM2 Jerry L. Vernon, Combined Arms Center, Twenty-Nine Palms, Calif.

Suspects held in drug caper

Three days after the Jan. 16 incident when two thieves burst into an Oak Knoll operating room, stole drugs and other items and held five staff members captive, one suspect was captured. Two days later, the other one was taken into custody and most of the drugs recovered.

Both suspects are active duty Navy personnel and are being held in the brig on Treasure Island awaiting trial. Most regretfully, one is a junior corpsman and a member of the hospital staff.

The U.S. Naval Investigative Service, aided by the Federal Bureau of Investigation and state and local law enforcement agencies, promptly and easily apprehended the two men. Principal NIS investigator was Special Agent Andy Higgins of the Alameda office.

The doctor, nurse and three corpsmen tied up during a two-hour ransacking of drug cabinets and offices in the operating suite on the fourth deck were reportedly shaken, but unharmed.

CNO commends salvage workers

Navy personnel from a number of commands assisted with salvage operations of a commercial jetliner which crashed into the Potomac River during takeoff from a Washington, D.C. airport Jan. 13.

After visiting the salvage site, Admiral Thomas B. Hayward, Chief of Naval Operations said, "I am very proud of the tremendous job our Navy divers are doing. With below-freezing temperatures hampering the recovery effort, they are working under almost impossible circumstances, but they are pros. They are doing a remarkable job. I have the greatest admiration for their courage, skill and stamina, and I couldn't be prouder of them."

Civilian job applications sought

Civilian Personnel Service is receiving applications for the following positions, located either at Naval Regional Medical Center Oakland and/or its branch clinic(s):

Job	Grade	Location	Closing Date
Licensed Vocational Nurse	GS-3/4/5	NRMC Oakland and branch clinics	July 12
Laundry Worker (temporary)	WG-1	NRMC Oakland	July 12
File and Medical Clerks	GS-3	NRMC Oakland and branch clinics	July 12
Clinical Nurse	GS-5/7/9	NRMC Oakland and branch clinics	July 12
Medical Clerk	GS-4	NRMC Oakland	July 12
Housekeeping Aid	WG-1	NRMC Oakland	July 12
Secretary (Stenography)	GS-5	Moffett Br. Clinic	Feb. 8
Supply Clerk (Typing)	GS-5	NRMC Oakland	Feb. 16
Word Processing System Project Planner	GS-6/7	NRMC Oakland	Feb. 16
Pharmacy Technician	GS-5	NRMC Oakland	Feb. 8

For more information on any of the above openings, call Ext. 2116.



CARRIER WIVES DONATE—Mrs. Sandra Stevens, on behalf of the USS CORAL SEA Officers' Wives' Club, made a recent presentation of a videotape recorder to the Pediatrics Service at Naval Regional Medical Center Oakland for the children's ward on 7 East. The equipment will be used to show special children's TV programs to young patients. Receiving the gift are Captain Harold Koenig (left), Chairman of Pediatrics Service, and Nurse Corps Lieutenant Commander David Becker of the same department.



StayWell PROGRAM

(Continued from Page 1)

and prescription medications; and that 90 percent of our health care is the result of personal health habits or behavior. "So why not learn the best behavior?" Runyon asked his audience.

The lecture introduced the *StayWell* program as a means of health promotion by providing more complete and sound health education for each individual. Emphasis was placed on the importance of each person understanding the motivation for his good and bad health behavior.

Future plans for the *StayWell* program include lectures on the third Thursday of each month, movies, instructional packets, newsletters, problem-oriented courses or workshops (for weight control, stopping smoking, dealing with stress, etc.), and other offerings as the program develops.

On Feb. 18, Lieutenant Michael McDonald, Chief of Outpatient Administration, will address the problem of gaining access to services offered by the hospital, a look at how to use health care services to best advantage. "Silent Countdown," a 35-minute award-winning film feature with Ben Gazzara, will be offered on Feb. 25 in several showings, addressing the ubiguitous problem of high blood pressure.

Dr. Runyon closed the first presentation by encouraging everyone to look for the *StayWell* program logo of the rising sun, which will mark all program offerings and announcements in the future. The audience left with the challenge of controlling 90 percent of their own health, a personal responsibility the *StayWell* program hopes to promote.

Gaining commands to get fast notice

A new "orders notification" letter developed by the Chief of Navy Technical Training will enhance Navy sponsorship efforts beginning this month by ensuring that ultimate duty stations receive adequate notice of a service member's transfer from service school and training commands.

The orders notification letter will be mailed to the receiving command the day after orders are transmitted electronically, with enough information to enable a sponsor to be assigned to assist the member prior to arrival.

Training commands formerly received orders electronically by a "standard transfer directive module." Individuals were transferred so rapidly in this system that their ultimate commands had not always received notification prior to their arrival onboard.



THE WAY HE IS—The young sailor pictured in the last issue was Captain Philip J. Vogt 25 years ago. Today Dr. Vogt is Assistant Chairman of Laboratory Service at Oak Knoll and has been on the staff nearly 10 years. Dr. Vogt obtained his M.D. from the University of Wisconsin and is board certified in anatomic and clinical pathology. Before his assignment here he served aboard USS SANCTUARY (AH-17).

X-Ray students complete course

A ceremony was held in the office of the Commanding Officer on Jan. 22 for the only two graduates of Class 82-001, Basix X-Ray School.

Honorperson was Hospital Corpsman Second Class James W. Hunsinger who has been transferred for new duty at Naval Hospital, Lemoore, Calif.

The second graduate was Tawana J. Givens, who has been transferred to Naval Hospital, Patuxent River, Md.

ADA head visits

Dr. Oscar Crofford, President of the American Diabetes Association, visited Naval Regional Medical Center Oakland Jan. 15-16 as the guest of Captain Steve Lewis and the Clinical Investigation Center staff.

Dr. Crofford was also the principal speaker at Medical Grand Rounds on Jan. 16.

Naval reservists under consideration for commodore rank

The FY83 promotion selection boards, to recommend Naval Reserve inactive duty and TAR officers serving in the permanent grade of captain for permanent promotion to the grade of commodore, will convene Feb. 22.

The following officers, among those to be considered, are the senior and junior officers in the promotion zone and junior officer eligible for consideration for promotion as of Jan. 22. Officers serving in the permanent grade of captain who are in the same competitive category and are senior to the junior indicated for their respective competitive category, are eligible for consideration for promotion to commodore.

Inactive Dental Corps (220X)

Senior in zone: Captain A. Lewandowski; junior in zone: Captain J.M. Studdard; junior eligible: Captain E. J. O'Shea.

Inactive Medical Corps (210X)

Senior in zone: Captain W.G. Podolsky; junior in zone: Captain P.L. Black; junior eligible: Captain N.G. Pare.

AFEES renamed MEPS

The AFEES (Armed Forces Examining and Entrance Stations) are no more; they are now called Military Enlistment Processing Stations (MEPS).

The New Year name change came as a result of confusion of the old name with that of the Army and Air Force Exchange Service (AAFES) and as a gesture to more closely identify the centers with their parent command, the Military Enlistment Processing Command (MEPCOM).

The 67 processing stations, scattered throughout the U. S. and its territories, conduct aptitude testing, medical exams and administrative processing for persons enlisting in all the armed services. The AFEES were originally part of the U. S. Army Recruiting Command, but split from it in 1976, becoming a separate command in 1979, with headquarters at Fort Sheridan, Ill. The command is rotated among officers of the Army, Navy, Air Force and Marine Corps.

The command is staffed by civilians and military of all the services, for a total of 2,900 personnel. This work force conducted some 2.2 million aptitude tests last fiscal year and processed some 770,000 enlistees.

The command is divided into three regions: East, Central and West MEPCOM, the last having its headquarters at Oakland Army Base.

Under Navy Commander Jerry F. Morrison, and with the assistance of 60 military and civilians, West MEPCOM headquarters controls 20 MEPS in 15 western states, spread from Houston, Tex., to Honolulu, as well as two substations, one in Guam and another in Alaska.

Four of the MEPS are in California: in San Diego, Los Angeles, Fresno and on Clay Street here in Oakland.

The Oakland MEPS, under the command of Marine Corps Lieutenant Colonel Jack F. Hansston, has 49 military and 25 civilian employees. Last fiscal year, they administratively processed the enlistments of 12,307 individuals entering all four services.

Small but important, this "purple suit outfit" insures that men and women entering the armed forces are processed into the ranks in a cost-effective fashion with a minimum of duplication of effort. (Reprinted with permission from *Western Arrow.)*



BRIEFING—Medical Corps Rear Admiral A.C. Wilson, Project Manager for Fleet Hospital program, briefs military and civilian staff at the medical center during a Clinical Assembly on Jan. 18. The speaker conducted a two-hour program discussing contingency planning, fleet orientation and medical support.

Pass in Review

By HM2 Charles M. Frye



HM2 Gregory Leavitt
Discipline Petty Officer

Now these are the laws of the Navy
Unwritten and varied they be
And he that is wise will observe them,
Going down in his ship to the sea.
As the wave rises clear to the hawse pipe,
Washes aft, and is lost in the wake,
So shall ye drop astern, all unheeded,
Such times as the law ye forsake.
Now these are the laws of the Navy,
And many and mighty are they.
But the hull and the deck and the keel
And the truck of the law is—OBEY.
-Admiral Ronald Hopwood, Royal Navy

According to the Master-at-Arms training manual "Discipline is considered to be that attribute of a military organization which enables it to function in a coordinated manner under different circumstances. Many factors contribute to the building of a well disciplined organization. One of the instruments for achieving a high state of discipline is military law."

Master-at-Arms Chief Edward Sharp and his staff of the Security Branch of Operating Management Service are tasked with enforcing these laws and the many functions related to base security. One division of the Security department is the Discipline Section, which is responsible for processing report chits. This includes receiving the chit, notifying the individual that a report has been received on him, making an investigation, interviewing the complainant, and processing the chit through appropriate channels.

At Naval Regional Medical Center Oakland, Hospital Corpsman Second Class Gregory S. Leavitt is the Discipline Petty Officer. Although the duties of his office bring him into contact with others under adverse circumstances he uses that contact in a positive manner. He may counsel the individual, suggest alternative methods to handle stress (rather than going UA), or just advise an individual of the procedures that will take place.

"Not everyone we come in contact with is looking for an easy way out," he said. "Some realize that they have made a mistake and are willing to suffer the consequences. Our department avoids typecasting individuals and treats each case on its own merits." Petty Officer Leavitt encourages departments to handle minor infractions on that level, however, commenting that there are those individuals who leave a department no alternative but to submit a report chit. Although his job is a difficult one, he is still able to receive "satisfaction by helping others."

Petty Officer Leavitt recently married the former Bonita Ela, who was stationed at this command until her departure to Aerospace Medicine Technician School and her subsequent assignment to Norfolk, Va. He is currently trying to get orders to the east coast to be near his wife.

Leavitt has been in the Navy for 10 years and originally was a Boatswain's Mate. He has served on two aircraft carriers, the USS CORAL SEA and the USS ENTERPRISE. He changed to the corpsman rating after developing an interest in the medical field. He has been awarded the Vietnam Service, Vietnam Campaign, Humanitarian Service, National Defense, Navy Marksman, and Good Conduct medals. He has also received Sea Service Battle Efficiency ribbons and the Navy Unit Citation. He enjoys weightlifting and gymnastics and hopes to complete 20 years in the military.

LCDR Criscitiello accepted by ACHA

Lieutenant Commander Joseph J. Criscitiello, Chief, Operating Management Service, has been admitted to nomineeship in the American College of Hospital Administrators, according to a recent announcement made by Stuart A. Wesbury, Jr., Ph.D., President of the Chicago-based professional society.

In his new affiliation, the Navy Medical Service Corps officer will join a personal membership organization comprised of the leading chief executive officers and their administrative colleagues serving hospitals and health service facilities in the United States, Canada, and other countries.

The American College of Hospital Administrators, founded in 1933, is dedicated to the provision of quality patient care through competent administration of hospitals and health service facilities. Toward this objective, ACHA conducts a comprehensive professional education program focusing on all facets of the managerial process.

Membership in ACHA consists of three categories: Nomineeship, Membership, and Fellowship. To advance in status, an affiliate must pass a stringent written and oral examination and also contribute to the health field's literature by writing a thesis or case report.

In addition, the society publishes the major professional journal serving the broad health service field and periodically issues task force reports and monographs on topics pertinent to health service delivery.

LCDR Criscitiello holds a bachelor's degree in health care administration and is currently working toward a master's in management.

Red Cross office closes for lunch

New operating hours of the Red Cross office at Oak Knoll are 8 a.m. to noon, and 1 to 4 p.m., Monday through Friday. The office will be closed and locked during the lunch hour from noon to 1 p.m.

Those desiring emergency service from the Red Cross during weekends or after duty hours are encouraged to call the Officer of the Day Desk at Ext. 2411, or the answering service at 834-6656.

Comings and Goings-------

"Fair winds and following seas" to the following personnel who have recently departed this command:

Medical Corps Lieutenant Commander James Pitts, to Okinawa.

Medical Corps Lieutenant Jeffrey Kneisl, to USS VANCOUVER.

Hospital Apprentice Malcolm Mundy, released from active duty.

Hospital Corpsman Third Class Donald Burwell, released from active duty.

Hospital Corpsman Second Class Donald Pierron, released from active duty.

Hospital Corpsman Third Class Terry A. Bogard, to NRMC Okinawa.

Hospital Corpsman Second Class Glen Lounsbury, to NRMC Subic Bay.

Hospitalman Douglas L. Williams, to Camp Pendleton, Calif.

Dental Technician Third Class Luanna Warnecke, released from active duty.

Lieutenant (junior grade) Robert Hoffner, to USS RANGER.

Hospital Corpsman Third Class Rene Garcia, released from active duty.

Hospital Corpsman Third Class Catherine Roberge, released from active duty.

Hospitalman Armidee Mack, to Camp Lejeune, N.C.

Dental Technician Second Class Ronnie McGhee, released from active duty.

Boiler Technician Michael Hamilton, to USS DIXON.

Hospitalman Tawan Givens, to NRMC Patuxent River, Md.

Hospital Corpsman Second Class James Hunsinger, to Lemoore, Calif.

Hospitalman Jeff Scott, to Ft. Sam Houston, Tex.

Hospitalman Alice Arredondo, to Ft. Sam Houston, Tex.

Interior Communications Electrician Second Class Keith Hammer, to USS MARS.

Lieutenant Commander Robert Murphy, to NRMC Long Beach, Calif.

Hospitalman John L. Bredon, to Camp Pendleton, Calif.

Hospitalman Karen Cox, to Japan.

"Welcome aboard" to newly arrived:

Ensign Michael Watkins, Nurse Corps.

Ensign Karen Lundgren, Nurse Corps.

Lieutenant (junior grade) Kevin Marty, Nurse Corps.

Lieutenant (junior grade) Aurella Caulthirst, Nurse Corps.

Lieutenant Stephen Lindsey, Nurse Corps.

Ensign Stanley Higgins, Clinical Clerk.

Lieutenant Debra Parker, Nurse Corps.

Lieutenant Tima Roemer, Nurse Corps.

Lieutenant Dennis Jordan, Nurse Corps.

Lieutenant Deborah Farrard, Nurse Corps.

Lieutenant Sharon Figg, Nurse Corps.

Lieutenant Commander Carol Riddell, Nurse Corps.

Hospital Corpsman Second Class Terry Cummings.

Hospitalman Ralph Albie, OR School.

Hospitalman Susan Albie, Nursing Service.

Hospital Recruit Zenada Poage, Nursing Service.

Hospital Corpsman Third Class Karen J. Mauro, Psychiatry.

Lieutenant Deborah Bane, Nursing Service.

Hospitalman Charlene Dawson, Nursing Service.

Dentalman Clay Davis, Dental Service.

Hospitalman Juan Escudero, Nursing Service.

Hospital Recruit Raymond Fernandez, Nursing Service.

Dental Recruit Valerie J. Barbrauld, Dental Service.

Hospital Corpsman Second Class Lee Ray, Medical Repair.

Hospitalman Jack Means, Nursing Service.

Lieutenant Don R. Pearson, Anesthesiology.

Kudos.....

NAVY ACHIEVEMENT AWARD

Lieutenant Commander Patricia Mailander, Nurse Corps.

MERITORIOUS SERVICE MEDAL

Lieutenant Commander Thomas Wadsworth, Medical Service Corps.

LETTER OF APPRECIATION

Hospital Corpsman Third Class Rene Garcia, Psychiatry.

PROMOTION

To Lieutenant (junior grade) Roger Cagle, Nursing Service.

INTERN CERTIFICATE

Lieutenant Jeffrey Kneisl, Medical Corps.

Navy daughter now in uniform

Although she's relatively new to Navy service, Hospital Apprentice Jennifer A. Tate, as the daughter of two Navy parents, is not exactly unfamiliar with it.

Jennifer, 19, is the daughter of Tactical Nuclear Warfare Commander, William Tate, now on duty in Washington, D.C. Her mother Judith, who now teaches school in Virginia, was once a Navy journalist stationed at Treasure Island.

The young corpsman who has been wearing Navy blue for six months, is currently awaiting a March seat in the Operating Room Technician School here. In the meantime, she is working in the Command Career Counselor's Office.

After her first hitch, Jennifer hopes to get a degree in nursing, become a nurse anesthetist, and come back into the Navy in the Nurse Corps.

Back in her hometown of Springfield, Va., she taught gymnastics in the community and was also a camp counselor. She swims and/or runs every day for exercise, and enjoys soccer, football and softball "for fun."

Jennifer's other off-duty interest is playing the guitar.



HA Jennifer Tate

Gene Helmuth to retire



Oak Knoll will lose one of its most skilled craftsmen on Feb. 15 when Gene R. Helmuth retires after 33 years service.

Modelmaker Helmuth, who works in the Prosthetics Laboratory and custom builds artificial knee and other mechanical joints for amputees, has also built and/or modified medical equipment during the 31 years he has been employed at Naval Regional Medical Center Oakland. Other civil service was with the Naval Supply Center in Oakland.

Gene served in the U. S. Army's 69th Infantry Division for 18 months of World War II. He earned a Purple Heart and lost a leg in the Battle of the Bulge in Germany (1944-45).

Released from the Army, he took apprenticeship training for six years with a logging truck manufacturer before being employed at the supply center as an automotive machinist.

Born in Oakland and a graduate of Fremont High School, Gene and his wife Greta will make their retirement home in a condominium they own in Lakeport. She, too, is retiring from her job as a medical transcriptionist with Eden Hospital in Castro Valley. The couple has three grown children and one granddaughter.

Gene and Greta, who also own a motor home, plan to travel. Gene says he will join a health club, "swim every day; take an English course at nearby Mendocino College, and study automotive electronics."

The Helmuths will be honored in a Sayonara Party at the Porthole on the evening of Feb. 12.

Taylor new head of school

Lieutenant Commander Michael A. Taylor assumed the duties of Director, Basic X-Ray School in mid-January, relieving Lieutenant Commander Karl Mendenhall who was transferred to the National Navy Medical Center at Bethesda.

Lieutenant Commander Taylor is a radiation physicist and the administrative assistant to Chief of Radiology Service. He acts as director of the school in one of his several collateral duties.

The school celebrated its second year of operation in January, and Mr. Taylor becomes its third director.

Krevans vs. Sooy

Julius R. Krevans, MD, dean of the UC-San Francisco School of Medicine for the past 10 years, has been appointed as the fifth chancellor of the UC-San Francisco campus.

He will succeed Francis A. Sooy, MD, who announced last summer that he would resign effective July 1, after serving 10 years as chancellor, in order to devote more time to his medical practice.

Krevans served as the 1980-81 chairman of the Association of American Medical Colleges, helping develop public policy for the organization which represents 126 medical schools, some 400 teaching hospitals and 80 professional societies. Additionally, he has served on boards and committees of numerous national foundations, government agencies and organizations, including the American Board of Internal Medicine.

RADM Gorsuch receives medal

The Secretary of the Navy recently awarded the Legion of Merit to Rear Admiral George E. Gorsuch, MC, USN, for his outstanding service while commanding Naval Regional Medical Center, Portsmouth, Va., August 1978 to July 1981.

Rear Admiral Gorsuch is currently the Deputy Surgeon General of the Navy.

Dietary fat in heart disease subject for SF symposium

Recent advances in the understanding of cholesterol metabolism, the role of diet in heart disease, and diagnosis and treatment of hyperlipidemia (elevated blood cholesterol and fatty acids) will be discussed at a Feb. 18 symposium co-sponsored by the UC-San Francisco Gladstone Foundation Laboratories for Cardiovascular Disease and the S. F. Chapter of the American Heart Association. Entitled "Coronary Artery Heart Disease: Hyperlipidemia and Its Management," it will be held at the Mark Hopkins Hotel from 12:30-5 p.m.

Designed for practicing physicians, the symposium features experts who bring the latest knowledge from clinical studies, epidemiology and basic medical research.

The symposium fee is $35. Physicians may claim up to three hours of Category I credit toward the California Medical Association Certificate in Continuing Medical Education. To register contact Ms. Kari Olila, American Heart Association, San Francisco Chapter, 421 Powell Ave., San Francisco 94102, 415/433-2273.

ACLS courses to be offered here

A new schedule of Advanced Cardiac Life Support (ACLS) courses has been announced by Lieutenant Commander Bonnie B. Potter, Training Officer in the Department of Internal Medicine.

The first series of classes will be held Feb. 25-26. Others scheduled are April 7-8, and June 10-11. Classes will be all day, from 8 a.m. to 4:30 p.m.

Registration for each course is limited, Dr. Potter said, and applicants will be taken on a "first-come" basis. Registration deadlines are: Course 82-1: Feb. 10; 82-2: March 23; 82-3: May 26.

A mandatory prerequisite is certification in Basic Cardiac Life Support within 12 months prior to the ACLS course. All residents in their final year of residency and Emergency Room watch standers especially are encouraged to enroll in these classes.

Upon completion, American Heart Association ACLS provider certification will be awarded those who successfully complete 85 percent on the written examination and near-perfect proficiency in performance skills.

Registrants will receive advance materials and further information. Those interested in attending should contact Dr. Potter in writing at Box 169, NRMC Oakland.

Herpes — one to five

"Apparently, the (World War II venereal disease) films were successful. By the time peace broke out, most of the GI's hadn't."—Dick Cavett, "Remember When"

Times haven't really changed. Between 10 and 14 million Americans will contract a venereal disease in 1982, and the majority of them will be between 15 and 29 years old.

The herpes virus affects about one in five sexually active adults. And remember, as of today science hasn't yet found a cure for herpes.

AMA: 'Marijuana dangerous'

The American Medical Association (AMA) recently stated, "There is now no doubt at all that marijuana is a dangerous drug, with great potential for serious harm." Studies reviewed by the association point to a growing body of evidence from both animal and human experiments and from clinical observations that marijuana is "by no means" a harmless amusement.

That conclusion supports the statement by Admiral Thomas B. Hayward, Chief of Naval Operations, that "habitual use of illegal drugs ultimately results in tragedy both to the user and, all too frequently, to fellow shipmates." Admiral Hayward's statement was contained in NAVOP 172/81, which announced a "get-tough" policy on drugs and drug offenders.

Recent research shows that cannabinoids contain psycho-active substances of high potency and rapid onset. These substances target the brain and cause changes in brainwave patterns. Acute marijuana intoxication impairs learning memory, comprehension, thinking and general intellectual performance. Adverse psychological consequences may be long-lasting.

Other organs are also affected. Marijuana smoke contains larger amounts of cancer-causing hydrocarbons than tobacco smoke. Bronchitis and emphysema are common in regular users and lung damage can appear in three months with daily use.

Studies have raised the concern that chronic use may have the potential to cause at least temporary infertility. Sperm abnormalities have been noted among lab animals.

Health hazards in cocaine use

In testimony before the House sele committee on narcotics abuse and co trol, Dr. Robert C. Peterson, Assista Director, Division of Research of t National Institute on Drug Abus reported that illicit use of the dru cocaine may be hazardous to a individual's health. The hazards rang from adverse psychological respons to death.

One common hazard is damage t nasal tissue. According to Dr. Peterso "When used repeatedly, cocain causes local tissue death from th decreased blood supply. This results i ulceration of the mucous membrane o the nose. In mild cases the symptom resemble those of the common co with stuffy or running nose. Continu use of over-the-counter nasal spra often becomes necessary to perr breathing through the nose."

Clinical reports have described range of adverse psychologic responses to heavier, more prolong use of cocaine on a daily bas Hallucinations reported resemble tho of the alcoholic experiencing "DT's The user believes that bugs, snakes, other animals are burrowing benea the skin. This belief can be so vivid th the person tears at the skin in an effo to rid it of the imagined pest.

Death from cocaine use, whi uncommon, does occasionally occ There is no question that cocaine ca cause death as a direct effect o pharmacological action.

MED • SCAN

A quick look at recent health care developments

Just as a teacup loses its ring when it's cracked, so too bones lose their characteristic "ring" when they have been fractured. Researchers, reports *Science* magazine, applied force to the ends of animal bones which were suspended by a fulcrum, and cataloged the resultant sounds of healthy and damaged bones. They then devised a system by which human bones are subjected to ultrasound pulses, the emitted sounds are then compared with the patient's healthy limb. The technique, when it is perfected, could have important applications: For example, joggers frequently suffer microfractures of their leg bones which are difficult to detect by x-rays, but which if not treated develop sometimes into major problems. The "ring" of the jogger's leg would reveal the fracture. Also monitoring the healing of the complex fractures, which must now be done with frequent x-rays, could be accomplished by innocuous acoustic means.

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As the long-term survival rates of leukemia and Hodgkin's Disease patients continue to improve, **successfully treated young women have naturally enough wondered about the possibility of bearing children.** Two separate articles report that the prospects are optimistic. In the *New England Journal of Medicine* researchers from Stanford University said that in 103 women Hodgkin's Disease patients who were treated by irradiation, chemotherapy or a combination of the two, infertility was directly related to the amount and duration of radiation to the pelvic region. **In the study group 20 women became pregnant after treatment, with no fetal deaths and no birth defects** among the 24 infants who were born. As to leukemia patients, **the prospects of child-bearing are even better.** In the *Journal of the American Medical Association (JAMA)* a resident of Johns Hopkins School of Medicine reported on a study of 163 leukemia patients who had received chemotherapy. Females seemed especially resilient although he did find that in 29 of the 73 males studied viable sperm were produced after chemotherapy.

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The *Journal of Public Health reports the* **number of permanently disabled people in the United States is rising faster than the total population.** They increased by 30.2 percent between 1966 and 1976, while the total population increased in the same period by ten percent. One in seven Americans are now disabled, with all age groups affected. The rise in numbers is perhaps due to better identification of the disabled and improved health care which means lower mortality figures. Analysis of the data shows that there has been a 56 percent increase in rheumatism and arthritis—replacing heart disease as the number one cause of disablement—and a 174 percent increase in diabetes. Under the age of 45 years, asthma, visual and hearing loss, and muscle, bone and movement problems are the leading causes of disability. From 45 to 64 years, diabetes, muscle and bone problems and circulatory diseases lead the pack. For those 65 and older circulatory problems and diabetes increased the most.

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Norfolk takes aim at drug abusers

Following the advice of the Chief of Naval Operations, Admiral Thomas B. Hayward, that a "business as usual" approach would be unsuccessful in combating drug abuse, Rear Admiral Joseph F. Frick, Commander Naval Base Norfolk, has established a "Tidewater Area Alcohol and Drug Abuse Advisory Council" comprised of representatives from every major crackdown on drug abusers at Norfolk naval facilities.

Though the council's recommendations are still in the planning stage, area commanders have already taken positive action which includes an increase in car searches, spot inspections at station bachelor living quarters ar searches aboard ship. Drug detecti dogs are being used in many of t searches and their use is expected increase when the naval stati receives an additional 10 dogs. Co manding officers of area ships also a requesting dog searches, as they ha routinely in the past.

Drug abusers identified by the searches, or by any other authoriz method, potentially may be discharg under "other than honorable" con tions. This type of discharge may res in forfeiture of a number of veterar benefits and service allowances.

Second-hand smoke hazard to kiddies

Could it be that you are, in part, responsible for your child's frequent clinical visits for repeated upper respiratory, middle ear or lung infections? Would you believe that your child's exposure to your tobacco smoke may lead to his or her hospitalization and surgery? Simply stated, medical experts believe that such distress and disease have been caused by one or more of the 3,000 gases found in tobacco smoke.

Each cubic centimeter of cigarette smoke (about the size of a one-inch cube) contains about 1,000 million particles that are small enough to penetrate the smallest lung sacs. It has been reported that a smoker who inhales retains 68 to 70 percent of those particles. But whether you inhale or not, the fact is your child is inhaling your tobacco smoke and is retaining particles that are harmful to such small, developing, fragile lungs. In essence your child is an involuntary smoker and has statistically entered the realm of those having illnesses related tobacco smoke.

What about the unborn child? Swedish study of more than 6,0 pregnant women revealed that t "total death risk"—still-births a deaths of infants up to the age of year—was 60 percent higher f offspring of smokers than nonsmoke In view of these facts, it appears th the smoker, parent or not, has som thing far more important to consid than his or her wishes, desires or right (NES-Courtesy of *Crosswind*)





Valentines in Verse

BORN TO LOVE

was born to love and be loved. This is the way I have to be, for I've never had a desire or wish to keep my ancy free. Although love has brought me naught but despair and misery, I bear it again and once again, ecause most unbearable is the emptiness I feel when I have my fancy free.

lived to love you my darling, my dear. But now I sit alone in my room and shed many a lost and bitter tear. or once again my love's betrayed, and my love for you has grown ragged and frayed. My love once new, nd oh, so true, has faded away like morning dew.

You'd think 'twas enough to make me stop; to cease to love so needlessly, stumbling blindly into love nheedingly. But once more trembling with an arrow piercing my heart, heart throbbing, eyes dreamy,I ook the part when I gaze into the eyes of the one I adore. And so I doom myself to love's fate once nore—so sure, so sure so very sure. . .

—Betty Martin, Mailroom

SPENDING A LIFETIME —IN THE MEANTIME

Never could a dream compare
o the mysterious woman sitting there.
Our eyes met and at once I knew,
he was the one lady I must pursue.

Our time together grew day by day
wanted my life to be no other way.
But our destiny's charted—it just couldn't last
or we were two people—victims of our past.

Only one month to share. . .
who said all in love is fair.
So we must spend a lifetime—
n the meantime—
aking what we can get,
nowing we'll never forget.

Hearts filled with warmth and laughter,
sn't it supposed to be 'happy ever after?'
iving a short story with the last word goodbye
we can't change the ending, even if we try.

Now I wake to empty, lonely days,
since both of us have gone our separate ways.
A love was won and lost in such a short time—
still wish the lady could have been mine.

Only one month to share,
who said all in love is fair?
So we've spent a lifetime—
n the meantime—
aking what we could get,
nowing we'll never forget.

—HM1 Phillip Leach
NRMC Memphis
(formerly of NRMC Oakland)

ODE TO BILLY

Roses may be red, and violets they are blue
But on this Valentine's Day
I share a love with the likes of you. . .
(and many other residents of the bay.)

The 'niners in gold, 'n red,
(and Raiders, silver 'n black)
They raise the pulse of the very dead—
And strip our teeth of plaque!

Now soon 'twill be spring,
With the Oakland A's and Billy.
Excitement they'll surely bring
And once again we'll go silly.

We'll clap, boo, stomp and cheer—
(Sometimes argue with the other fellow)
We'll carry our pennants and other gear,
While wearing caps green n' yellow.

Love comes and goes in life—
There often is no reason.
But child, husband, or wife,
We all like baseball season!

—Betty Beck
Oak Leaf

FRIEND

sweet symphony
echoing
throbbing
in the quiet
secret corners
of my mind

how i long to
lose myself in
those eyes WE
share
to feel those
arms hold me close
to your heart

hold me
let me close enough
to FEEL
your music loud and
clear

—Betty Martin

So you stayed at home, did you?

By Sally Young

In case you haven't heard, the HELLO HOLLYWOOD, HELLO show at the MGM Grand Hotel in Reno is sensational, as members of the recent Special Services trip found out.

Along with all the other benefits offered to the military in this special package, were a few big pots. Chief Claude Gorie and Dorothy Gorie were the luckiest with a $500 jackpot in the dollar machine. (However, that old bandit got $400 of it back.)

Lily Thompson of Patient Affairs was kind enough to loan her husband lunch money after she won $350 on a keno ticket.

The third big winner was Mrs. Rayma L. Price, Capt., U. S. Army Ret. (calls herself an "Old Army Nurse"—she joined up in 1941, but people today should have so much energy). Mrs. Price won $110 on the five and ten-cent machines.

Fourth in the winner's circle were Mary and Roy Takai whose winnings paid for their trips. The Takai's brought a lot of fun to all when they presented Sara Lou Knight's husband, Bill, with two unusual birthday presents: a red Japanese birthday cap and gown and a bottle of birthday control pills. What are Birthday Control Pills? JELLY BEANS, OF COURSE! (Pharmacy, please note).

SH2 Ron Abad of Special Services and friend, along with AK1 Anieciete and DK2 Enriquez were still smiling when they left the bus, as were Alice King (Red Cross), Joan Gilmore (Peds) and Dorothy Shogren.

In the "Win some/lose some" category were LT Brian Clayton, LT Konrad Hayaski, Dr. and Mrs. Carl Sainten, HM3 Chris Barclay of ENT, HM3 Donna Glass of Patient Affairs, RN Mildred Johnson of PCU and Col. Aquilla Walker, U. S. Army, Ret. HM3 Manual Naguit and friend said they had a lot of fun in spite of lighter pockets.

CDR Pat White and CDR Bernice Spanier loved that cold water in the morning after having paid the old robbers. Nancy Campulli of Duplicating and her daughter want to move into MGM, and, it is rumored that Mrs. Helen Verran, in spite of having had the best seat in the house for the show, intends to try the trapeze next time.

On the way home, the question was raised, "When are we going again?" Watch the *Oak Leaf*.

Fishing poor now; improvement coming

The East Bay Regional Park District reports poor fishing success in most of its lakes due to various factors, including high muddy water, strong winds, cold rains, flooding and turbid water conditions.

The catfish at Lake Chabot have even fizzled out, probably due to a large influx of worms and other tasty morsels, allowing them to feast on other than bait.

A few trout and cats are being taken at Don Castro in Hayward between storms by anglers using eggs and nightcrawlers. Also, clear water persists at Shadow Cliffs in Pleasanton and this results in good catches of trout to 14 inches long.

Hang in there—trout plants are being made this month and good fishing is just around the corner.

Bev, Patrick in TV movie

The editor has learned that Bev O'Shea and her son Patrick, former Oak Knoll residents, have small parts in a Paramount movie filmed at Pt. Hueneme for television release next fall. The film is entitled "Winds of War."

Mrs. O'Shea, the wife of HMC Mike O'Shea, was very active in Navy-oriented community affairs when the family was stationed here. She was the founder of the Oak Knoll Youth Center.

At Pt. Hueneme, Bev continues to be active, serving as Ombudsman, working part time at a church, speaking to women's groups, etc. Mike returns from Operation Deep Freeze on Feb. 20 and Bev will meet him in Hawaii.

• • •



The following new additions to the medical "family" have arrived at Naval Regional Medical Center Oakland:

A baby girl to Commander David B. Moyer, Treasure Island Branch Clinic, and his wife Caroline, Jan. 14.

A baby girl to Lieutenant John Bendele, Jr., Anesthesiology, and his wife Judith, Jan. 17.

A baby girl to Hospital Corpsman First Class Shelley A.Gofstein, Laboratory Service, and his wife Violetta, Jan. 19.

A baby girl to Hospital Corpsman Third Class John Bangs, Security, and his wife Jeannette, Jan. 21.

A baby girl to Hospital Corpsman Third Class Keith Lambert, PMT School student, and his wife Pamela, Jan. 23.

Chaplain's Corner

One little lift can tip the scales

By Father Mel Hary
CDR, CHC, USNR

Edward Steichen, who eventually became one of the world's most renowned photographers, almost gave up the day he shot his first pictures.

At 16, young Steichen bought a camera and took 50 photos. Only one turned out—a portrait of his sister at the piano.

Edward's father thought it a poor showing. But his mother insisted that the photograph of his sister was so beautiful that it more than compensated for 49 failures.

Her encouragement convinced the youngster to stick with his new hobby. He stayed with it for the rest of his life. But it had been a close call.

What tipped the scales?

A person who had enough vision to spot a little excellence in the midst of a lot of failures; who cared enough to point out a small achievement instead of dwelling on obvious shortcomings; who gave a gentle word of encouragement instead of a thoughtless putdown.

Each of us faces choices every day. Our decisions may not drastically affect anyone's life. But they might. We won't know in advance.

One thing is certain—if we don't choose to "build up," we'll never know.

Scenes by the sidelines

By Ron Brown

ENT maintains slim lead over Medicine in basketball

ENT maintained their unbeaten record of 8-0 by virtue of their win over Anesthesiology on Jan. 6, and their 42-41 squeaker over OPD on Jan .13, culminating with a 57-18 win over ARS. Medicine stayed right on ENT's tail with a 54-42 win over MSC (now in third place) on Jan. 6, and a blistering 68-32 win over NP on Jan. 13, followed by their impressive 78-36 win over Special Services on Jan. 20.

Games played Jan. 6

In other games played, OPD scored an easy 67-21 victory over Med Repair. D. Daniels led all scorers with 26 points on 13 field goals. M. Ford followed with 18 markers on 8 field goals and 2 free throws. K. Hammer and G. McDonald each had 6 points in a losing cause for Med. Repair.

NP handed the All Stars their worst defeat of the season as the score ended up 53-16. B. Carey split the net for 18 points on 9 field goals. L. Gomez led the losers with 9 points.

Special Services, under the able leadership of HMCM Marumoto, stayed in the thick of the race with a commanding 54-30 win over ARS. A. Peralta and T. Lewis scored 19 and 16 points respectively for Special Services. C. Staats and F. Rockefeller each had 10 points in a losing cause for ARS.

In the feature game of the night, two of the league's power houses met with Medicine maintaining a slim lead for second place with a 54-42 win over MSC. M. Terry led all scorers with 23 points. A Brakeford split the net for 19 points on 6 field goals and 7 free throws. D. Love contributed 13 points also in a losing cause for MSC.

Games played Jan. 13

With M. Terry garnering 22 points, Medicine dumped NP into a tie for fifth place in the league as they easily handed them a 68-32 loss. NP just could not keep up with the balanced scoring attack of Medicine as three players scored in double figures. Along with Terry's 22 points, B. Malone chipped in 18 markers and S. Baez followed with 16. R. Issett led the losers with 14 points.

Special Services, with the ailing "coach" Marumoto at the helm, moved into undisputed possession of fourth place with a resounding 65-40 win over the All Stars. T. D. Louis led Special Services with 20 points (12 in the second half). A. Pareja led the losers with 15 points on 7 field goals and 1 free throw.

With John Jennette paving the way with 12 points, Anesthesiology had to extend themselves to defeat a much improved quintet from ARS. S. Staats led the losers with 10 points. Final score was 35-32 with Anesthesiology getting the edge.

After leading only by 2 points at half, ENT barely nosed out OPD by a final score of 42-41. OPD outscored ENT 21-20 in the second half. G. Stevens led ENT with 18 points on 9 field goals (6 in the first half). D. Daniels scored 11 points for the losers. ENT maintains their lead in first place and looms as the team to beat in 1982.

Med Repair outscored MSC in the second half 40-33, but could not overcome the first half lead of 32-21 by MSC as the latter went on to win 65-61 and hold a slim one-game lead over Special Services in third place. MSC has held their season record to 5-2, with Special Services right on their tail with a 4-3 record.

Games played Jan. 20

Med Repair came close to forcing an overtime game against NP, but fell short as P. Wood scored one of the most important baskets in his career at NRMCO by scoring the all-important 33rd point for NP at the buzzer. Wood ended up the night with 6 points. B. Carey led all scorers with 14 points as K. Hammer led the losers with 9 points.

With three players scoring in double figures, Medicine had an easy time of it as they defeated Special Services by a score of 78-36. S. Baez led his Med team with 30 points (his high for the season) followed by S. Williams with 25 points. The other Medicine player in double numbers was B. Malone, who garnered 16 markers.

ENT also had three men in double figures as they still"rule the roost," winning easily over ARS. Lewis, Trapp and Fields scored 12, 11, and 10 points respectively for ENT. F. Rockefeller led the losers with 6 points.

Despite Doug Love's 23 points, MSC fell short by 20 points as OPD put one of their best games together with four players hitting double digits. Daniels connected for 18 points to lead OPD, followed by Tosie, Ford and Mays with 12, 11, and 10 respectively. Fox, although in a losing cause, scored 12 points for MSC.

Standings thru 1/20/82

Team	Wins	Losses	Pct.
ENT	8	0	1.000
Medicine	7	1	.875
MSC	5	3	.625
Special Services	4	4	.500
NP	4	4	.500
OPD	4	4	.500
Anesthesiology	4	4	.500
All-Stars	3	5	.375
Med Repair	1	7	.125
ARS	0	8	.000

Be a VISIBLE jogger

People who jog along roads used by motor vehicles should:

- Jog only on shoulders of the road.
- Jog in the direction of oncoming traffic.
- Stay on the outside edge of the shoulder at curves, the crest of a hill, or when the sun is at your back and in oncoming drivers' eyes.
- Come to a full stop at all intersections, even if you have the right-of-way.
- Jog during daylight hours, if possible.
- Wear bright colored clothing, preferably with reflective material attached.



Obey these simple rules and you should enjoy many miles of accident-free jogging.—**MAC News Service**

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Military admitted free of charge

All military personnel in uniform or with active IDs are invited to attend the upcoming races at Golden Gate Fields with free admission to the grandstand, courtesy of the Pacific Racing Association.

The 1982 season will run for 100 racing days, Feb. 9-June 26. The thoroughbreds will run five days a week, Tuesdays through Saturday, with first post at 1 p.m. throughout the entire meeting.

The racetrack is located on the ba at Albany, just off Highway 80.

Valentine Day Run benefits heart group

The American Heart Association is sponsoring a Valentine Day Run on Saturday, Feb. 13 around Lake Merritt in Oakland, with all proceeds from the race benefiting the heart association's Alameda County Chapter.

The run will begin in Lakeside Park near the Natural Science Center (Bellevue Ave. at Perkins St.) at 10 a.m., rain or shine, and will feature both 5 kilometer (3.1 miles) and 10 kilometers (6.2 miles) laps.

Trophies will be awarded in each class, men and women, in both 5K and 10K to include 17 and under, 18-29, 30-39, 40-49, 50-59, 60 and over, and wheelchair. T-shirts will go to all participants and refreshments will be served.

Runners may register on race day from 8 to 10 a.m.; $7 registration fee for adults, $5 for those under 16.

Sign up today for volleyball

The signup deadline is today for those active duty personnel who would like to join the intramural volleyball teams on base. Entry blanks can be obtained at Special Services, Bldg. 38, or by calling Ext. 2350.

If enough entries are received, league play will start soon on Thursday nights this month.

Ron Brown said coaches are also needed for men's and women's varsity teams to compete in district competition.

Winter parties at Salmon Lake

Once again Salmon Lake Lodge, high in the Sierras near the top of Yuba Pass, is offering cross-country ski parties.

The lodge will stock up on groceries and have a warm fire waiting. They will meet your group at Bassett's Station, using snow-tractors and cargo sleds to haul in personal gear. Members of your party will ski to Salmon Lake or ride on the snow-tractors (towing from behind can also be arranged).

The cost for this real winter experience is $85 per adult for the weekend and $50 for a child of 12 or younger. It is best to pick a time when you can be away from work for three days so you can stay at the lodge for two nights.

Weekends presently available a Feb. 20-21, 27-28; March 12-13, 20 21, 27-28; and Apr. 3-4.

If you would like to make up a party or join one, please call Sally at 247 Special Services, and she will help yo make the arrangements.

Classifieds

FOR SAIL(ING)

1977 Cape Dory 19-foot sloop Anchor, compass and extras. Call Bethel, 846-1583, evenings.

MOVIES

Friday, Feb. 5, 6:30 p.m.—THE MAN WITH BOGART'S FACE—Robert Sacch Franco Nero—Comedy/PG

Saturday, Feb. 6, 1 p.m.—LION OF THE DESERT—Anthony Quinn, Oliv Reed—War Drama/PG

Saturday, Feb. 6, 3 p.m.—THE NORTH AVENUE IRREGULARS—Edward He rmann, Susan Clark—Comedy/G

Sunday, Feb. 7, 6:30 p.m.—THE HUNTER—Steve McQueen, Eli Wallach Action/Drama/PG

Monday, Feb. 8, 6:30 p.m.—MARY POPPINS—Julie Andrews, Dick Van Dyke Musical/G

Tuesday, Feb. 9, 6:30 p.m.—CONTINENTAL DIVIDE—John Belushi, Bla Brown—Romantic Drama/PG

Wednesday, Feb. 10, 6:30 p.m.—THE FRENCH LIEUTENANT'S WOMAN Meryl Streep, Jeremy Irons—Drama/R

Thursday, Feb. 11, 6:30 p.m.—AN AMERICAN WEREWOLF IN LONDON—Dav Naughton, Jenny Agutter—Horror Comedy/R

Friday, Feb. 12, 6:30 p.m.—SNAKE FIST FIGHTER—Jackie Chan, Juan Hsa Ten—Action/R

Saturday, Feb. 13, 1 p.m.—THE BIRDS—Rod Taylor, Jessica Tandy—Suspens PG

Saturday, Feb. 13, 3 p.m.—SHERLOCK HOLMES: TERROR BY NIGHT—Nig Bruce, Basil Rathbone—Mystery/G

Sunday, Feb. 14, 6:30 p.m.—SEVEN—Ed Parker, Barbara Leigh—Action/R

Monday, Feb. 15, 6:30 p.m.—OH HEAVENLY DOG—Chevy Chase, Benji—Com edy, Mystery/PG

Tuesday, Feb. 16, 6:30 p.m.—CHU CHU AND THE PHILLY FLASH—Carol Bur nett, Alan Arkin—Comedy/PG

Wednesday, Feb. 17, 6:30 p.m.—UNDER THE RAINBOW—Chevy Chase, Carrie Fisher—Comedy/PG

Thursday, Feb. 18, 6:30 p.m.—DEAD AND BURIED—James Farentino, Melod Anderson—Horror/R

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the OakLeaf

NAVAL REGIONAL MEDICAL CENTER. OAKLAND. CALIFORNIA.

Friday, February 19, 1982

How do you want to receive your pay— by direct deposit or (maybe) by mail?

By HM2 Scott Marsh

Have you ever lost a paycheck or had it stolen before you deposited it in the bank? Have you ever been transferred to a new department and then did not receive your check? Do you feel that you have to plan your leave around paydays? Have you ever requested special pay before you could go on leave?

Why not enjoy your vacation while your check is being safely deposited in your checking account? Once a check has been issued, if it is lost or stolen, a new one cannot be reissued for 90 days.

How about you "a.m." shift people that have to rush to get to the bank before it closes? Or you "p.m." and night shift people who have to make a special trip to work just to pick up your check? FORGET that nonsense and hassle. Save-time and gas, have your check deposited directly to the financial institution of your choice.

CIVILIAN PAY

By April 3 civilian employees will no longer receive their paychecks at work, according to directives. To be more reliable and efficient, the Department of the Treasury of the United States has instituted a Direct Deposit program for payment, for both civilian and military employees.

A recent instruction from the Secretary of the Navy (SECNAVINST 7200.17) states that the use of the program "eliminates the hardship and costs associated with stolen/lost/mutilated check reissue, reduces lost time for individual check distribution and for deposit, improves timeliness of deposit, and substantially reduces check preparation costs."

After the pay period ending March 26, civilian employees will have two options! They can select a non-work address to which their check may be mailed, or they may enroll in the Direct Deposit program.

Unless changed by the employee, the address previously furnished for the W-2 tax forms will be used as the non-work address. If an address is to be changed, the employee must complete NAVCOMPT Form 2103, Mailing Authorization (Salary Check/U. S. Bonds), and forward to Civilian Pay Division, (Code 803), Regional Financial Services Department, Naval Supply Center (NSC), Oakland, Calif. 94625, or return it to the Civilian Payroll Office. Leave and Earnings Statements (LES) and savings bonds will be mailed to the provided address. The LES will be the pay record for the amount deposited, which may be received in the mail between Friday and Monday following the payday.

Employees may enroll in the Direct Deposit program by completing Standard Form 1189, Request by Employee for Payment of Salaries or Wages by Credit to Account at a Financial Organization, having an agent of that organization sign the form, and either returning it to Civilian Payroll or forwarding it to Civilian Pay Division at NSC Oakland. The forms are available through the Civilian Payroll office in the hospital on the third floor next to Military Manpower. Branch clinics can request to have them sent via guard mail. The checks will then be deposited.

Now you really don't want to have your check go through the mail do you or have to wait for it?

Currently one third of the Navy Department's civilians participate in the program and 2,000 of the 7,000 regional employees are enrolled. The Department of the Treasury has established a goal of 40 percent voluntary participation in the Direct Deposit program by October 1982 and 75 percent by 1990. New hires will automatically be enrolled in the program.

MILITARY PAY

For the military, Personnel Support Detachment (PSD) is currently using the locally controlled Pay Deposited Quicker (PDQ) system for bank deposits. PSD will have new computers installed and will go "on line" between June 20 and July 19 and will be linked directly to the Naval Finance Center in Cleveland where the master payroll accounts are maintained.

With the current printed-check system, utilizing Optical Character Recognition, OCR, if a check is lost or destroyed, recovery time would be approximately 90 days. OCR forms take 10-16 days ideally if they are folded, spindled, mutilated, or marked in any way and then arrive through the mail. But, with the direct line, corrections can be done usually within 24 hours. Within a half hour every day, all documents produced in the proceeding 24 hours will be transmitted and corrections made to the pay records in Cleveland. The PDQ is the forerunner of the Direct Deposit (DD) system and is an interim measure for producing the initial data base required to implement the Direct Deposit program.

Enrollment in the PDQ/DD program is done by completing the automatic payroll deposit form obtained from the designated financial institution, and after having it signed and the account number authenticated, returning it to PSD. LES and pay record slips will still be delivered to the member.

The military will become part of a Pay Enhancement Program (PEP) and ultimately the Source Data System (SDS). This system will facilitate the computerizaton of pay and personnel records of all involved servicemembers, with "on line" capabilities to interface with MILPERSCOM; EPMAC, New Orleans; and NAVFINCEN, Cleveland. In cases of bonafide emergencies, accounts would still maintain capability for manual override. If it becomes necessary to stop the PDQ check, it can be done, within a cut-off period, in 24 hours.

This will leave the clerks more time to solve the problems locally with payroll discrepancies, according to Lieutenant Commander Douglas R. Sperry, PSD officer in charge.

Current military participation in the program at this command and in the Navy is one in six. The goal by October 1982 is 20 percent, 50 percent Navywide by 1990. But, remember that most of those personnel can sometimes be deployed; therefore, shore activities will most probably be enrolled 100 percent. (PSD personnel are already 100 percent enrolled.)

So, military and civilian please sign up early to avoid the rush! Have your check deposited directly and avoid "hardship and costs," and the lost time. Forget the hassle and the nonsense. Do it the convenient way!! Don't stand in line for hours or waste gas having to drive to the bank when you can be doing something more productive. **GO DIRECT DEPOSIT/PDQ!!!**



'THAT'S ALL I HAVE TO DO?' Ida Fahey, Civilian Pay Supervisor, assists John McCole of Transportation in completing Standard Form 1189 to enroll in the Direct Deposit program.

Standard Form 1189
(Rev. 1-78)
Department of the Treasury
I TFRM 3–8000

All information on the form, including the Social Security Account Number where necessary, is required under 31 U.S.C. 492; 31 CFR 209 and/or 210; and EO 9397. The information is confidential and is needed to provide entitlement to the benefits of the financial arrangement authorized by the authority cited. The information will be used to process the payment data from the Government agency to the financial organization and/or its agent. Failure to provide the information requested may affect the entitlement to such benefits.

REQUEST BY EMPLOYEE FOR PAYMENT OF SALARIES OR WAGES BY CREDIT TO ACCOUNT AT A FINANCIAL ORGANIZATION

TO BE COMPLETED BY EMPLOYEE (In Triplicate) AND SUBMITTED TO EMPLOYING AGENCY

NAME OF EMPLOYEE (As stated on payroll)	SOCIAL SECURITY NUMBER (or other employee number used by agency)
HOME ADDRESS	

AGENCY (Include also Bureau, Division, Branch or other designation of employing organization)

TO:

You are hereby authorized and requested to pay the net amount of salaries or wages due me by credit to my account with the financial organization designated below, beginning with pay for the next full pay period and continuing until canceled by me in writing.

NAME OF FINANCIAL ORGANIZATION (To receive check)	EMPLOYER IDENTIFICATION NUMBER (FINANCIAL ORGANIZATION)
ADDRESS	MY ACCOUNT NUMBER AT THE FINANCIAL ORGANIZATION
CITY STATE ZIP CODE	
SIGNATURE OF EMPLOYEE	DATE SUBMITTED TO AGENCY

TO BE COMPLETED BY FINANCIAL ORGANIZATION (For return of original and copy to employee and retention of a copy)

We, the above-designated financial organization, hereby agree to act as agent of the above-named person in the capacity indicated. Our account number shown above for the person named herein, should be included as additional identification, for our convenience, on individual checks forwarded for credit to his account or on records accompanying composite checks for credit to his and other persons' accounts.

AUTHORIZED SIGNATURE	TITLE

1189-104

Black History to be observed

Plans are underway for a Naval Regional Medical Center Oakland observance of Black History Month in the last week of February.

The observance will be in two parts, according to a committee spokesperson. A program, yet to be finalized, will be held in the Clinical Assembly on Tuesday, Feb. 23 from 1:30 to 2:30 p.m.

On Thursday, Feb. 25, ethnic foods prepared by staff members will be featured in the Main Dining Room from 2 to 3 p.m.

All personnel are invited to both events. Watch for more detailed information in the Plan of the Day.

EDITORIAL

Afro-Americans: after all is said and done

By Major Eddie T. Miles, Jr., USAF

It has been said that history is a witness of the times, the torch of truth, the teacher of life and the messenger of antiquity. Without history, people are rootless and, like a plant without roots, cannot grow and stretch forth to their rightful place in the sun. Nor can a rootless people take their place among other people of the world.

Who are Afro-Americans? Leone Bennet, in his book *Before the Mayflower,* tells of 20 Afro-American men and women who arrived in 1619 as indentured servants, not as slaves. He describes the heritage of Afro-Americans as the children of the gentle Mandingo, the spirited Hausus, the creative Yourbas and others too numerous to name. Their civilizations included the wealth and power of Ghana and the scholarly cities of Timbuktu, Mali, Songhay, Egypt and the kingdom of Kush.

The achievements of Afro-Americans have slowly appeared in history books. The following people received no recognition until the black awareness movement updated history: Dr. Nathan Hale Williams, heart sureon and founder of Chicago's Providence Hospital; Elijah McCoy, inventor of the self-lubricator which is used in trains, boats and other continually-run machinery; Dr. Charles Drew, developer of blood plasma and first director of the Red Cross Blood Bank; Dr. Ralph Bunche, Nobel Peace Prize recipient and former secretary general of the United Nations; and Matthew Henson, explorer, interpreter and the first man to reach the North Pole in Admiral Perry's expedition.

But what about today's Afro-Americans? Beginning with the leadership of Dr. Martin Luther King, they sat in, rode in and walked throughout this nation to win rights already guaranteed in the Constitution. The results have begun to show somewhat as Afro-Americans begin to hold high positions in federal and local government and in the military. Twenty-two percent of the deaths in Vietnam were of Afro-American servicemembers. A number of unit citations and individual medals were awarded. In essence, Afro-Americans have worked, fought and died to help make this nation great. Yet, somehow, these achievements have been "lost, stolen or strayed."

Young Afro-Americans, the Americans of the future, now have role models who not only live in America but are part of its strength and its future growth. The military, in particular, has provided youth with many significant role models to emulate.

But what of the future? It is the opinion of many that the theme of the Constitution of equality and justice for all has not changed and that we have begun to realize some of the benefits. Nevertheless, we cannot rest on our laurels; there is still work to be done. We must continue to cooperate and improve inter-personal relationships, awareness and understanding among this nation's diverse ethnic groups. Equal opportunity and treatment are not only fundamental to the democratic way of life, they are essential to force readiness. **(NES)**

Career Capsules

Help for overseas move

By HMC G.L. Soileau

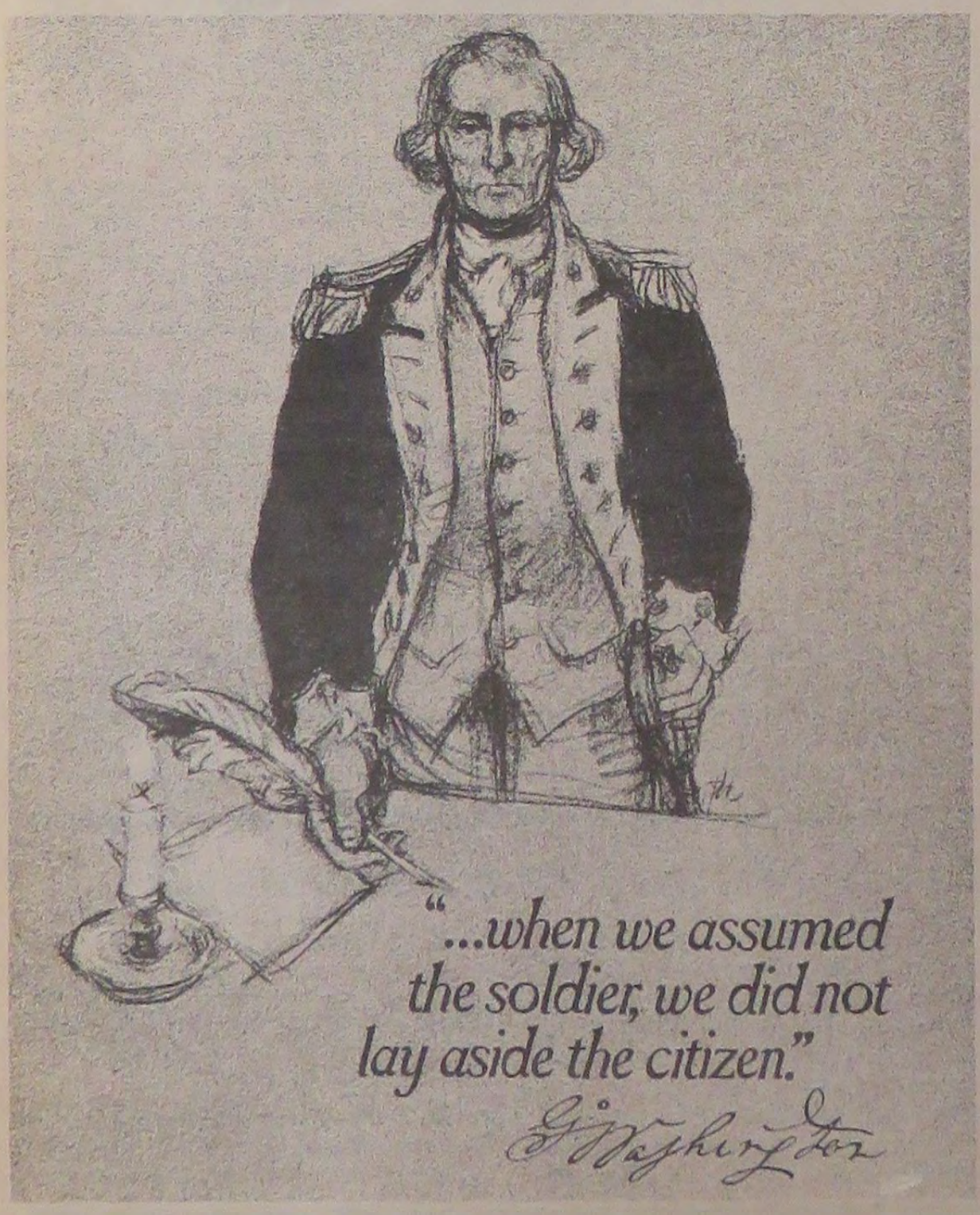
"You're going overseas."

When one gets this news the immediate reaction is usually a range of feelings, from enthusiastic anticipation, to "Why there? Why now?" If you're typical of most servicemembers and their families, you will want to know about the country and its culture, what kind of base the Navy has there, how you'll "fit" into this new environment, and how much of your personal routine can continue after arrival.

Information is available from a wide assortment of naval sources, but gathering enough knowledge to approach an overseas assignment confidently has not always been easy. Finding a reliable source of information often seems an endless ordeal of letter-writing, reading, counseling, investigating... **and waiting.** An all-purpose "bank" of information offering routinely updated advice on all overseas naval facilities was a concept definitely needed, but never brought to action—until now!

The **Overseas Transfer Information Service (OTIS),** established in 1980, provides general and specific information on the varied overseas commands where a sailor may be assigned. Answers to questions about "problem" topics such as concurrent travel, housing availability, privately-owned vehicle shipments, availability of English-speaking schools for dependents, and other pieces of necessary advice are offered by the trained OTIS staff. These people, all veterans of overseas travel, rely on personal experience, as well as a massive data file on every foreign country where U. S. Navy personnel are assigned. When required information is not on file, the staff will research all sources related to the request until the answer is found.

Family members are most welcome to call with specific questions. The OTIS staff may be conveniently contacted via **Autovon 224-8392, 224-8393,** or (from the Continental United States only), collect to **(202) 694-8392/3.**



USO–41 and growing strong

Feb. 4 marked the 41st anniversary of the founding of USO. And on that day USO operated as usual—providing information, assistance, and "a shoulder to lean on" from nearly 150 points of contact worldwide, as it has for 41 years.

Three service centers in the Bay Area expect to serve nearly 300,000 individuals during 1982, helping solve all types of problems. These may include help with an orientation trip of the Bay Area, translations for foreign-born wives, meeting ships docking at Bay Area piers, a reception and tours for service members, or just a place to sit and relax. Whatever is needed, USO is still a touch of home.

What began as a recreational oriented organization now helps combat the whole range of family and individual problems that servicemen and women and their families face. Two airport USO centers in the Bay Area deal with all manner of travel problems.

Some things never change, and USO is one that remains consistent and strong. Happy 41st Birthday.

Grateful HA thanks civilians

Patricia A. Cox and Nina P. Marable, both civilian employees of Drug Screening, have earned a great deal of appreciation from Hospital Apprentice Sean T. Murphy.

On Jan. 22 he lost a wallet containing $150, a military identification card, and related personal valuables. The wallet was found on the ground by Nina, and with Pat's help, she was able to get it back intact to its rightful owner.

Murphy was so pleased with the two employees' honesty and sincerity he brought the act to the attention of Rear Admiral Walter M. Lonergan, Commanding Officer, who added his appreciation for their integrity.

Examples teach life to our little ones

By Rev. Al Dagnoli

Experience is the best teacher, but examples are even better. Show your children, through your actions, the type of life you want them to lead. For example, if you say grace before meals each time you eat and say your prayers at night, your children will too. So, before you tell your children to pray, see to it that they see **you** pray!

Children must respect you first before they will emulate you, and respect is not automatically due to a mother or father. It must be earned. Treat your children fairly. Love them, help them, advise them, nurture them. Talk to them in one-to-one situations; you'll be amazed at how little you actually know them—their problems, anxieties, frustrations, and fears. Invest some of your time in each of your children so that they will have a chance to get to know you, too.

Remember, just because your children are clothed, fed and sent safely off to school, don't heave a sigh of relief—your job is not done. Your "example-giving" is a steady, everyday process which must accent values and attitudes rather than mere rules. (NES)

NAVAL REGIONAL MEDICAL CENTER
OAKLAND, CALIFORNIA

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Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF Naval Regional Medical Center, Oakland, CA 94627



LOOKING GOOD—LTJG Kathleen Williams, NC, checks circulation in the fingers of Petty Officer Second Class Martin Jumper while he recovers after the 13-hour surgery on 7 West. (Another photo, Page 6)

Third toe transplant story has uncommon 'kick'

There's an old adage in the newspaper business that when man bites dog, that's news! How about a slight variation, such as a fellow named *Jumper* (honest) who loses his thumb after an encounter with a leaping kangaroo?

They tell us it really happened, and we know that it all turned out OK, because we have Sonar Technician Second Class Martin L. Jumper, 25, resting comfortably on 7 West after a successful transplant of his left big toe to the stump where his thumb used to be before the incident with the kangaroo.

It all started on July 19, 1981 when Jumper and a few of his shipmates from USS HEPBURN (FF-1055) decided to see a bit of Australia during the ship's port call to the land down under. They rented a car and were a few kilometers north of Geraldton when a kangaroo jumped across the road. The car left the road and rolled four times leaving Martin without his left thumb and index finger.

Following treatment at the hospital in Geraldton, Martin was transported to the USS KITTY KAWK (CV-63), and subsequently here. Last September in San Diego, skin grafts were taken from his left elbow to graft to his left hand in preparation for the transplant. In November he was transferred to Oak Knoll and worked here in the Hematology/Oncology clinic while awaiting surgery.

In an interview before the operation, Martin said that he was looking forward to the transplant.

The 13-hour surgery began at 9 a.m. on Feb. 4 and ended at 10 that evening. The team of five orthopedic microsurgeons who detached the toe and transplanted it to the hand, consisted of Captain David M. Lichtman, Commander James R. Schneider, Lieutenant Commanders Charlotte E. Alexander and David C. Barton, and Lieutenant Timothy L. Keenan. Dr. Lichtman, the team leader, said that the surgery went well.

The transplant of the left big toe to the left thumb was accomplished under microscopes using nearly invisible needles and sutures.

A few days later, Martin said that he was glad that it was over and was feeling "pretty good." He seemed to be especially cheerful after winning a game of backgammon with one of the staff members.

In the first dressing change on Feb. 10, Doctor Lichtman said: "Everything looks great. The skin color is pink and healthy; he has movement in the transplanted toe, and there appear to be no problems whatsoever."

Petty Officer Jumper became the third successful toe to hand transplant at Naval Regional Medical Center, Oakland.

The first made medical history on Jan. 20, 1981, with the successful transplantation of a patient's two toes to the stumps of a thumb and little finger. That patient, Chief Electrician's Mate Deane E. Rapp, a decorated Navy veteran trained for duty aboard nuclear-powered submarines, had accidentally severed all fingers of his right hand eight months earlier. The operation was completely successful and he has now returned to active duty aboard a submarine and is able to write, climb ladders, etc., by using the two former toes as fingers in a pinching movement.

The second transplant was performed on Sept. 10, 1981. Marine Corps Private First Class Mark E. Heermann lost his thumb in the engine fan belt of an amphibious vehicle he operated. He is now on limited duty and doctors are hopeful that he will be able to return to full duty.

In addition to the transplants, the finger of a young Marine was reattached last summer here by the microsurgery team.

Nursing Service LCPO

Leadership award goes to HMC Jackson

Chief Hospital Corpsman David R. Jackson, Nursing Service Leading Chief Petty Officer, recently received the Semi-Annual Leadership Award, the second given at this command.

Jackson was selected because of his performance in the areas of devotion to the Navy, motivation on the job, character-building attitude, leadership characteristics, support of command policies and counseling attributes in his billet where he supervises 175 Hospital Corps personnel. During the past several months he has also served as the Assistant Operations Officer for the Mobile Medical Augmentation Teams Program at this command. His organizational and analytical skills have been directly responsible for the super success of the program, said one officer.

The chief received a letter of commendation from the command, a leadership certificate, a plaque, and a 96-hour pass.

"This esteemed, sought-after award," Jackson said, "is accepted only in behalf of Nursing Service, where the leadership and training of personnel—past, present and future—are the 'keystone' of a successful Naval Medical Department—in the air, sea (or with the) landing forces."

Chief Jackson, who joined the Navy 19 years ago, has been assigned to NRMC Oakland for 18 months. His prior billets include duty aboard the USS FORT FISHER (LSD 40) as Senior Medical Department Representative, and on the general staff of the Third Marine Division, Fleet Marine Force.



HMC David Jackson

He has completed Independent Duty School and courses at George Washington University, and holds the Navy Commendation Medal, the Navy Achievement Medal, and the Battle "E" ribbon.

The son of Mr. and Mrs. David R. Jackson of Greensboro, N. C. makes his home in Fremont with his wife Shung-Chou and daughter Mei-Ling. His principal hobby is Mandarin Chinese.

Local credit union to open annex for check service

Due to continued growth of both members and assets, the Alameda Coast Guard Federal Credit Union is expanding its Oak Knoll facilities into the building formerly occupied by the Bank of America, with a tentative opening date of March 1, it has been announced.

The new location will be used by members exclusively for share draft checking account services; all other services will remain at the present credit union office on base.

"In the past five years our membership has grown 51 percent and our assets have increased 43 percent to over $60,000,000," noted Walter Terry, General Manager of the credit union. "The expanded floor space will enable us to serve our share draft checking account members more quickly and efficiently, while providing much needed increased space in our present office for all other activities—share savings accounts, special savings certificates, IRAs, loans, new member accounts, and safe deposit boxes."

The handicapped will be able to cash paychecks at the new location, located next door to the present credit union office, using an express teller line for handicapped persons.

The March 1 opening date of the checking account facility is based on final installation of a phone line for computer hookup, officials said. Watch for the "open" sign at the office, or call the new phone number for checking account services ONLY: (415) 569-2633.

Civilian technicians needed

Two **Medical Technologists**, GS-7, and seven **Medical Technicians** (Chemistry), GS-5, will be hired for the Naval Drug Screening Laboratory at Naval Regional Medical Center, Oakland, it has been announced.

The temporary (not to exceed one-year) employees will work in the special laboratory established under the Department of Defense Drug Abuse Program, in a variety of chemical analytical procedures including the receiving, sorting, logging and labeling of urine specimens.

Qualified Career and Career-Conditional employees of federal activities in the San Francisco Bay Area, reinstatement eligibles and eligibles within reach on the appropriate OPM register may apply for both the technologist and technician jobs. Eligible applicants without federal status may also be considered for the lower-graded jobs, a Civilian Personnel spokesperson said. The GS-7 applications will be accepted until close of business Feb. 22; the GS-5s through Feb. 23.

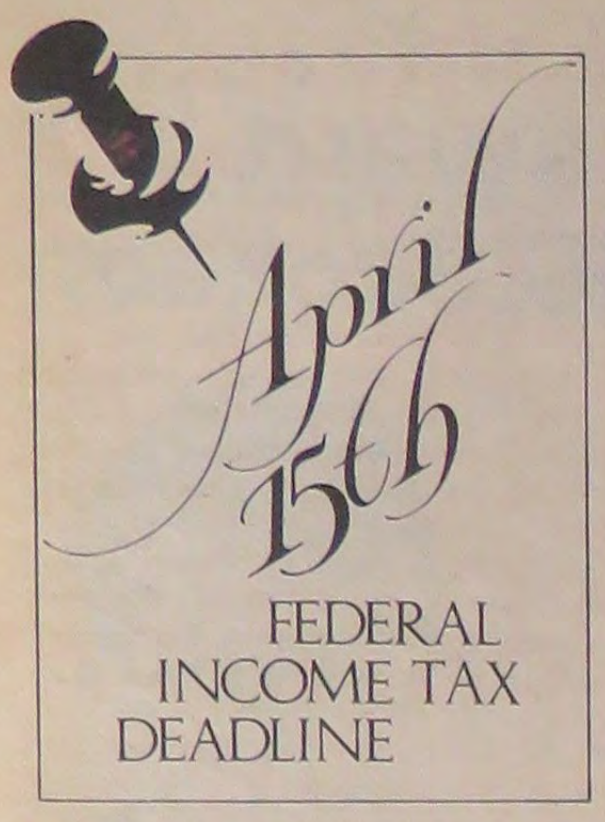
Other local job openings are:

Health Technician (Optometry), GS-4 or 5, Ophthalmology Service, Oak Knoll, closing Feb. 22;

Secretary (Typing), GS-5, Operating Management Service, Oak Knoll, closing Feb. 25;

Medical Clerk (Typing), GS-4, Naval Support Activity, Mare Island Branch Clinic, closing Feb. 26; and

Clerk Typist, GS-3/4 (trainee for Word Processing Systems Operator, GS-5), Management Information Service, Oak Knoll, closing Aug. 12, 1982.



Parents get tax break

People who qualify for a tax break due to payments they must make for child or dependent care will get a larger break in figuring their 1982 taxes. The increased dependent-care credit is part of a new tax package recently signed into law by the President.

The old rule permitted credit of 20 percent of employment-related expenses, with a maximum of $2,000 of expenses for the first two dependents.

The new package changes the credit to 30 percent for incomes of $10,000 or less, with the percentage decreasing by one percent for each additional $2,000 of income. The percentage will not go lower than 20 percent. The expense maximum is now $2,400 for one dependent and $4,800 for more than one.

The credit relates to the percentage of employment-related expenses, not a percentage of income.

As an example of how the credit has changed, a servicemember has an adjusted gross income of $10,000 and child care expenses of $2,000. Previously he was entitled to a credit of $400, or 20 percent of the $2,000. Under this change, the credit increases to $600, or 30 pecent of the $2,000.

In addition, a deduction of up to $1,500 will be allowed for adoption fees, court costs and attorney's fees for the adoption of a child with special needs which may make the child difficult to place, such as mental retardation or handicaps.

Beginning in 1982, expenditures will be included for out-of-home, non-institutional care of a disabled dependent or spouse who spends at least eight hours a day in the taxpayer's home.

Hobbies are taxable income

Many of you have at least one hobby, be it sewing; bowling; stamp, newspaper or comic book collecting; gardening; or ceramics. Hobbies provide personal satisfaction and in many cases, extra income, too. And that income is taxable, says the Internal Revenue Service.

Whether you breed and sell animals as a hobby, or farm a few acres of land while maintaining a full-time employment, it's important for you to know how the IRS distinguishes a hobby and a business. Generally, a hobby is done more for pleasure than for business, and losses from a hobby are not deductible. However, a business hobbyist is allowed to deduct operating expenses as long as the amount does not exceed the amount of taxable income that the business generates.

To claim your activity as a business rather than a hobby, you must be able to show that that activity was intended to make a profit. Also, you must have conducted that activity in a business-like manner via advertising, promoting and other efforts that allowed for the maximization of sales and the minimization of costs. Additionally, if you ran your business from your basement, for example, you must be able to prove that the basement was not used for any other purpose in order to take advantage of the home office deduction. With regard to hobbies, if you make items to be sold at events such as flea markets, you must report the income derived from those sales.

As in any tax situation, you should exercise good record keeping for your benefit as well as the government's. Many activities that begin as simple hobbies often blossom into lucrative business adventures. For additional information about hobbies as taxable income, the IRS has a publication, No. 525, "Taxable and Nontaxable Income (Including Minimum Tax, Alternative Minimum Tax and Maximum Tax)," available free by using the order form in your tax package or by calling the IRS. Forms/Tax Information number listed in the telephone directory. **(NES)**

Need help with income tax?

A commercial income tax preparation service is now available on base as a convenience for authorized Navy Exchange patrons.

Representatives of Beneficial Income Tax Service will be available at the exchange Saturday mornings through April 10, **by appointment only.** Cost of preparation of Standard Form 1040A is $7; complete price listing for all other forms preparation is available in the exchange office in Bldg. 38.

Please phone 639-2151 for appointments.

The same service is available at the NAS Alameda (865-4777) and Treasure Island (765-6966) exchanges.

Federal, state tax information available

Navy personnel and their dependents may find information about federal and state income taxes in two recent notices from the Office of the Judge Advocate General. JAGNOTE 5840 of Dec. 16, 1981 summarizes state income tax filing requirements and deadlines, while a JAGNOTE dated Dec. 29, 1981 lists federal income tax items of interest to naval personnel and explains changes in the tax laws made by the Economic Recovery Tax Act of 1981.

One feature of the federal income tax notice is a breakdown of taxable and nontaxable items of military compensation. Information on deductions and regulations unique to the military member is also included.

The responsibility of servicemembers to pay state taxes and their rights under the Soldiers' and Sailors' Civil Relief Act are highlighted in the state tax notice. Addresses for obtaining forms and instructions in each state are also listed.

The Armed Forces Federal Income Tax Pamphlet (NAVSO P-1983), which formerly provided a yearly summary of tax information, has been discontinued due to budget constraints. Internal Revenue Service Publication 17, "Your Federal Income Tax," and instructions for Forms 1040 and 1040A are available from the IRS upon request and offer a detailed discussion of this year's federal tax requirements.

The NRMC Oakland Legal Office also has a copy of the All States Income Tax Guide for Service Personnel, which has extensive information concerning state income tax liability of service personnel.

IRS TAX TIP

For Single Taxpayers

- If you pay a preparer to complete your tax return, you should receive a copy of your tax return in addition to the copy which is filed with the IRS.
- If you receive alimony, it is considered taxable income to you. On the other hand, if you are required to pay alimony you may deduct these payments from your gross income. You need not itemize deductions to claim alimony payments.

Taxpayers to test form

The Internal Revenue Service (IRS) will test a new "simpler" tax form in Georgia in 1982.

The forms, along with rewritten instructions that are supposed to be easier to understand, will be sent to 30,000 users of the short form. These taxpayers will also get the present 1040A short form, which they may use if they do not want to participate in the test.

A questionnaire will be included asking the users what they think of the revised form.

In 1983, a test of a revised 1040 long form is proposed. If both tests prove successful, new forms may be available to all taxpayers in 1984.

CSR responsibility shifts to Supply

Effective Feb. 1, responsibility of the Central Supply Room (CSR) in the main hospital passed from Pharmacy Service to Supply Service at Naval Regional Medical Center, Oakland.

Until further notice, CSR issue procedures will remain unchanged, officials said. After-hours issues will be handled through the Information Desk. The duty Chief-of-the-Day will escort individuals to CSR and make issues after-hours and on weekends.

All items presently stocked by CSR will be available for issue to satisfy emergency requirements, but routine requests for items to be deleted will be referred to Supply for issue after March 1.

Navy Campus

Counseling service aids higher educational goals

Mrs. Marj Stallings, Education Specialist from the Navy Campus Office, is now here every Tuesday and Thursday in the Staff Education and Training Service on the sixth floor of Bldg. 500 to assist those interested in fulfilling educational goals through off-duty study.

There are college catalogs and schedules available for students to research in pursuit of "just the right program" in the most suitable college for them. Two of the nearly endless college opportunities are offered right here at Naval Regional Medical Center, Oakland. Southern Illinois University offers the third and fourth year of college for those seeking a bachelor of science degree in health care services, while California State Hayward provides extension courses.

Several free college-level testing programs, such as CLEP (College Level Examination Program and DSST (Dantes Subject Standardized Tests), are available. Successful completion of these tests qualifies for credit at many colleges. In addition, a career assessment inventory questionnaire is available for those unsure of their particular career goals.

If financial aid is needed, tuition assistance may be used by active duty military through Navy Campus. VA educational benefits are also available to eligible students.

Military personnel can obtain an external degree through the Navy Campus Contract for Degree Program from 15 colleges throughout the United States. There is no residency requirement and 75 percent of the credits can be non-traditional. Besides classroom work, these credits can be for military experience, college-level tests and/or independent study. Most military personnel have accumulated college credits which are accepted by many colleges toward a degree.

Commander Patricia Linehan, Chief, Staff Education and Training Service, recommends that motivated servicemembers who have a desire to further their off-duty education, call 639-2003 for an appointment with the Navy Campus counselor.



FRA GIFT—Mr. John J. Reilly (center), President, Branch 87, Fleet Reserve Association, Alameda, presents a $50 check for the medical center's health and welfare fund to Captain Joseph Smyth, Director of Clinical Services. Looking on at left is Mr. John H. Durgess, past president of the same FRA branch. The association has made a practice of making a similar gift annually over the past several years.

'Top performer'

Sailor of Month is Fallon corpsman

Hospital Corpsman Second Class Barry D. Knapp, 22, a petty officer whose superior officer, Lieutenant Commander G.V. Meskill, describes as "a top performer in all categories of military and professional performance" has been selected as January's Sailor of the Month for the Oakland naval medical region.

Knapp has been assigned to our NAS Fallon, Nev. branch clinic since Nov. 15, 1980 as a Duty Section Leader and Search and Rescue Corpsman. During this assignment he (1) performed CPR on a civilian who collapsed while eating and managed to revive her; (2) administered CPR to a neighbor child who nearly drowned while bathing at home, probably saving the boy from brain damage or death, a doctor said; (3) on one SAR mission shinnied 100 ft. down a rope from a helicopter that hovered within two feet of cliffs on three sides to get to a man who had fallen down a mountainside on the South Fork of the Tuolumne River. In the latter instance, the victim, hoisted to the chopper, was said to be suffering from a broken leg and possibly a broken back but was reported in good condition upon arrival at a civilian hospital in Sonora.

Senior Chief W.E. Moss, Leading Chief Petty Officer of the SAR team, said Knapp has proven himself to be an adroit and vigilant corpsman, instrumental in rescues of at least two individuals that would otherwise have been unable to get medical assistance for several hours. "(He) has mastered mountaineering training including rappelling, belaying and single skid evolutions," the senior chief added.

Petty Officer Knapp told the *Oak Leaf* editor via Autovon that he was, indeed, "honored to be selected as the NRMCO Sailor of the Month."

Originally from Fresno, he joined the Navy in December 1976, and previously served in billets at NRMC Camp Pendleton, aboard the USS FORRESTAL (CV-59), with Helicopter Support Antisubmarine Warfare Squadron Three, and TAD to the NRMC clinic in Jacksonville, Fla.

He is a 1978 graduate of the Aviation Medicine Technician School and plans to work toward a degree and ultimately a commission as an optometrist.

Petty Officer Knapp and his wife are parents of three and make their home in quarters on the air station.

In his spare time, the corpsman enjoys repairing automobiles.



HM2 Barry D. Knapp

Kudos.....

NAVY ACHIEVEMENT MEDAL

Hospital Corpsman First Class Russell Warren, Centerville Beach Branch Clinic.

LETTERS OF APPRECIATION

Lieutenant Larry Kilgore, Medical Service Corps, Patient Affairs.

Lieutenant Commander Clinton Lambert, Nurse Corps, formerly of Psychiatry.

Hospital Corpsman Second Class Jack H. Howell, Preventive Medicine Technician School student, from Naval Submarine Support Base, Kings Bay, Ga.

Mr. Gene Helmuth, formerly of Prosthetics Laboratory.

FROCKING

To Lieutenant, Medical Service Corps: Robert Vernon.

Chaplain speaks

Captain M.D. Seiders, Chief of Pastoral Care Service, was the guest speaker at a luncheon meeting of the Serra Club in a Merritt Hotel luncheon on Feb. 12.

Subject of Chaplain Seiders' talk was "The Navy Chaplain."

The Serra Club is a local Roman Catholic social organization.

Navy physician appointed VP

Secretary of Defense Caspar Weinberger announced recently that President Reagan has appointed Captain William M. Narva to be Vice President of the Uniformed Services University of the Health Sciences.

Dr. Narva will be promoted to Rear Admiral upon Senate confirmation.

Comings and Goings

"Fair winds and following seas" to the following personnel who have recently departed this command:

Lieutenant Commander Robert Murphy, Medical Corps, to Long Beacn.

Lieutenant Commander Clinton Lambert, Nurse Corps, interservice transfer to U.S. Army.

Lieutenant Clarice Nash, Nurse Corps, to San Diego.

Lieutenant Thomas Howe, Nurse Corps, to Guam.

Mr. Gene Helmuth, retired.

Hospitalman Patrick Seales, to FMSS, Camp Pendleton.

Hospital Corpsman Third Class Donald Robinson, released from active duty.

Hospitalman Joseph Jaremba, to 3rd FSSG, Okinawa, Japan.

Hospitalman David L. Quigley, to 1st Marine Division, FMFPAC.

Hospital Corpsman Third Class Linda D. Ramsey to Camp Lejeune, N. C.

Hospital Corpsman Second Class Howard V. Wagner, released from active duty.

Hospitalman Edward Dzmitrowicz, to 1st Marine Division, Camp Pendleton.

Hospital Corpsman Third Class Lonnie Sowders, NSHS, San Diego.

"Welcome aboard" to newly arrived:

Lieutenant John O'Neill, Chaplain Corps, ACDUTRA.

Commander Valaine Pack, Nurse Corps.

Lieutenant Commander Mark Perlman, Medical Corps, Anesthesiology.

Ensign Roger Serrano, Medical Service Corps, ACDUTRA.

Ensign David Rioux, Clinical Clerk.

Ensign James Timoney, Clinical Clerk.

Ensign Michael McCarten, Clinical Clerk.

Chief Hospital Corpsman Michael Larkin, Military Manpower Service.

Postal Clerk Second Class William Dorsey, Operating Management.

Hospital Corpsman Second Class Scott Marsh, Military Manpower and Public Affairs.

Chief Personnelman James Hernandez, Personnel Support Detachment.

Dentalman Patti Holly, Dental Service.

Dentalman Margaret Charest, Dental Service.

Hospital Corpsman Third Class Laurence Gurst, Nursing Service.

Hospitalman Jerry Brown, Main Operating Room.

Hospital Corpsman Third Class James Spinharney, Nursing Service (temporarily assigned to Drug Screening Lab).

Hospital Apprentice Warren Henderson, Drug Screening Lab.

Hospital Corpsman Third Class Clifford Towle, Patient Affairs.

Hospital Corpsman Third Class David Lowe, Nursing Service.

Hospital Apprentice Marleen Murakami, Nursing Service.

Hospital Corpsman First Class Lamberto Castello, Career Counselor's Office.

Lieutenant Mary Wheeler, Nursing Service.

Georgia Lopez retires with 25

Georgia Lopez, former Commodity Manager in Supply Service, retired in early January after 25 years of civil service.

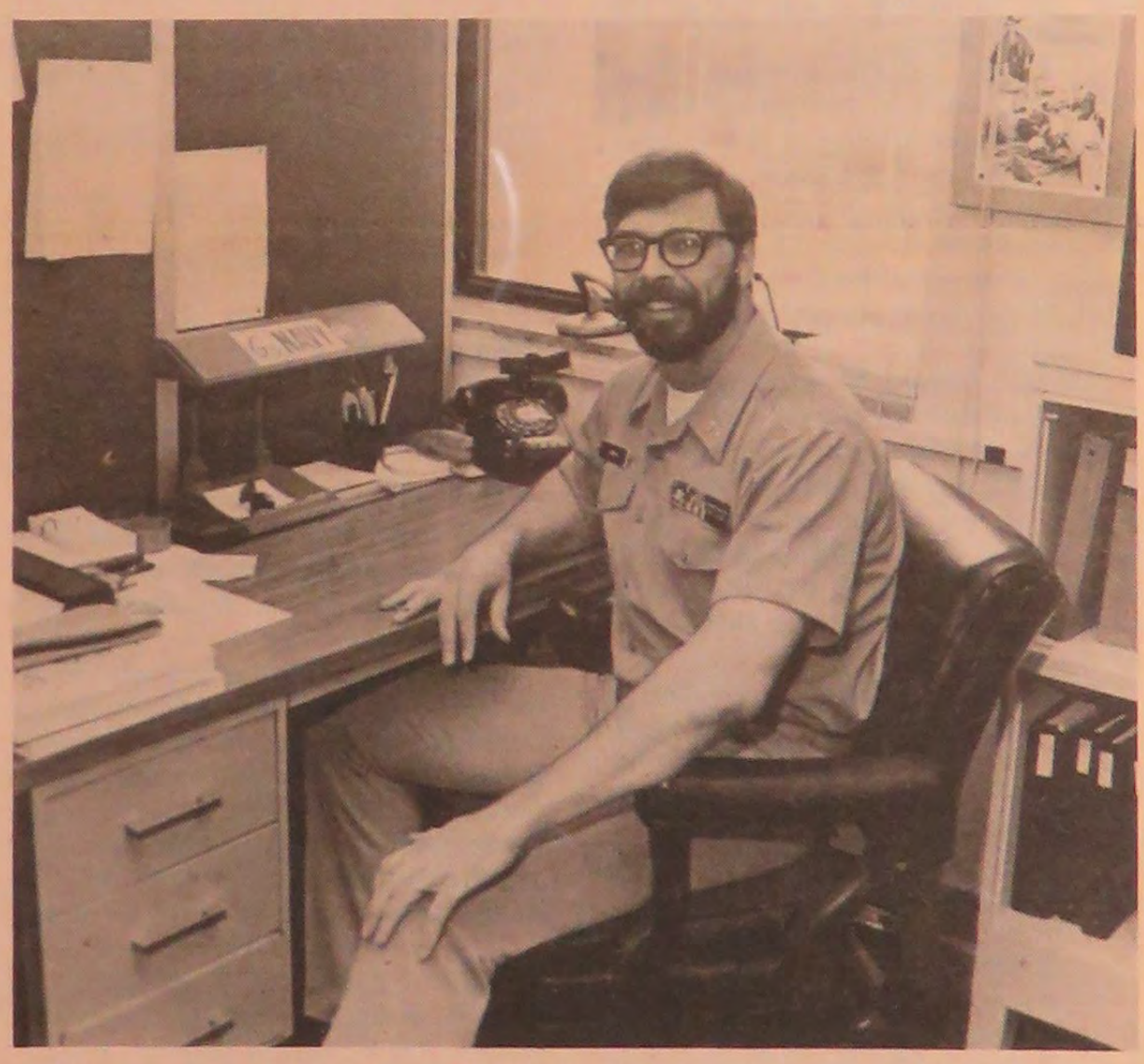
A retirement party of friends and coworkers honored her at Jake's Lion in San Leandro. She told those gathered that she was really not retiring, but simply "going to work traveling and taking arts and craft courses at Berkeley."

She began service in 1955 at Yerba Buena Island as a clerk typist for the Supervisor of Shipbuilding. When the activity transferred to San Diego, she transferred to Education and Training, which soon also moved south. She then went from Naval Supply Center Oakland to the TDRL desk at NRMCO, soon after accepting the job in Supply.

Georgia's pleasant personality and "can do" spirit will be missed," her supervisors said.

She raised three daughters alone. Each became successful. One is a Wall Street lawyer, another completed a Master's degree and works for the Combined Federal Campaign in San Francisco, and a third attends college.

Larkin reports as staff detailer



HMC M.F. Larkin

Meet the new staff detailer... HMC Michael F. Larkin of Military Manpower Service.

Chief Larkin recently returned from a tour with Operation Deep Freeze in Antarctica. His 13 years of naval service have taken him to the 9th Marine District, Kansas City, Mo.; NRMC Portsmouth, Va.; Guantanamo Bay, Cuba; a tour aboard the USS GUADALCANAL (LPH-7); NRMC Great Lakes; and a tour aboard the USS REPOSE (AH-17).

He holds numerous awards and decorations, including the Winter Over service medal and the rifle sharpshooter. His hobbies include basketball, swimming and he was twice a member of a national military championship softball team.

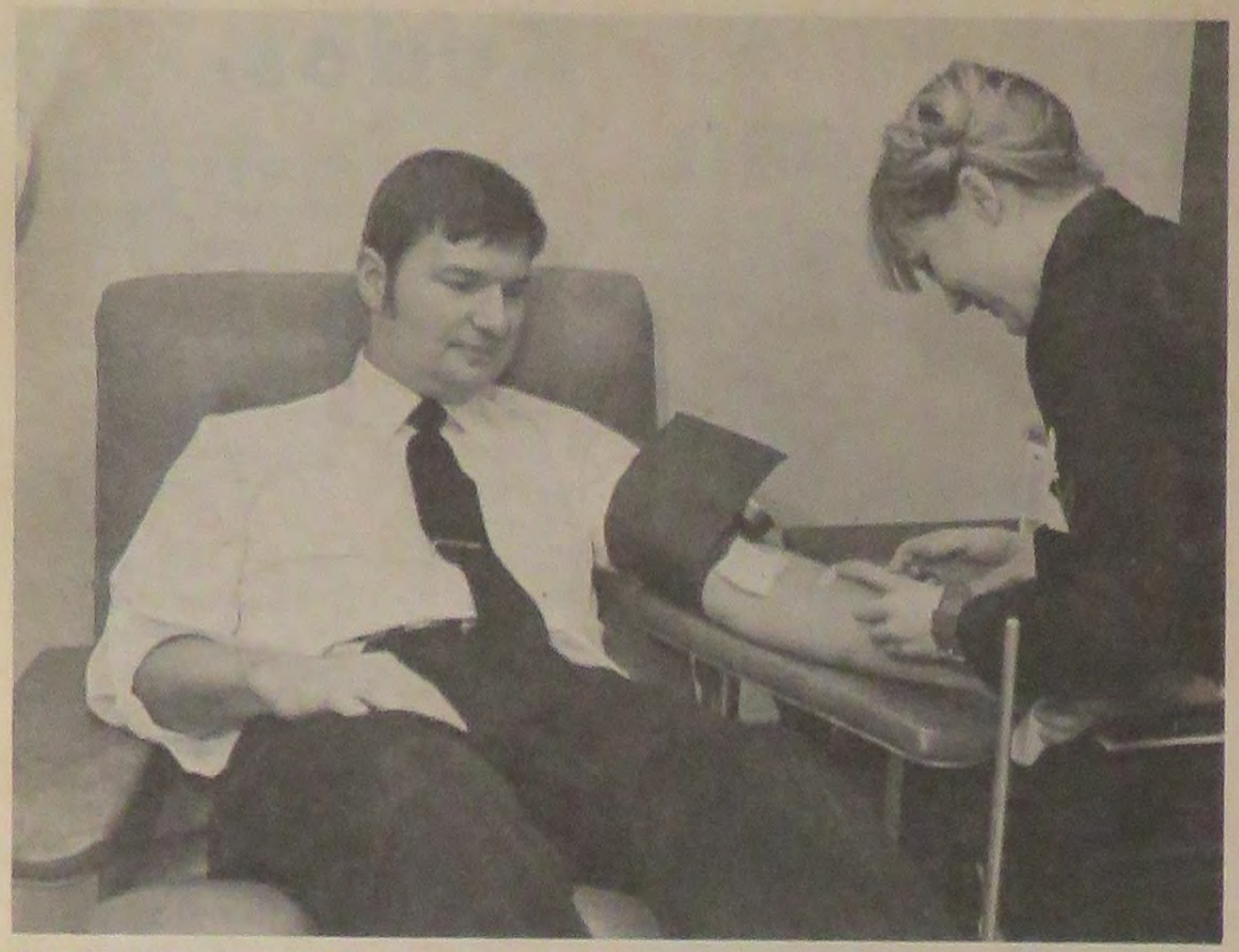
The Larkins, Michael and Terry, live on Treasure Island with sons Sean and Conner, and daughter Brianne.

Chief Larkin aspires to complete 30 years of active service and retire as Force Master Chief, after completing a master's degree in health care administration.

MC director to visit Oak Knoll soon

Captain J. Honigman, Director, Medical Corps Division, Navy Bureau of Medicine and Surgery, will visit Naval Regional Medical Center Oakland next week to offer career counseling and professional development guidance to staff medical officers.

He is scheduled to be at Oak Knoll Feb. 24, 25, 26. All those wishing consultation with Dr. Honigman should call Mrs. Mary Takai, Office of the Director of Clinical Services, Ext. 2451, for appointment.



COMFORTABLE CONTRIBUTION—Medical Corps Lieutenant Commander Lewis L. Ware, Jr. of Radiology Service relaxes in one of the comfortable, motorized chairs in the new Blood Center as Hospital Corpsman Second Class Kathleen Wright prepares to receive his gift of blood.

NRMC Oakland opens new blood donor center

Official ribbon-cutting ceremonies were held Tuesday to open a new Blood Donor Center on the fourth deck of the main hospital next to the Neurology Clinic, Room 4-39-36.

The center will be open from 9 a.m. to 8 p.m. on Wednesdays, and from 2 to 8 p.m. on Mondays, Tuesdays, Thursdays and Fridays.

More than 5,000 units of blood and blood products are cross-matched each year at Naval Regional Medical Center, Oakland. This blood is often used in the treatment of cancer, in exchange transfusions for infants, in treatment of gastro-intestinal bleeding, anemia, hemophilia, traumatic injury, and other illnesses. In addition, blood is vital for most major surgery and with advances in medical science, the use of blood is constantly increasing.

Unlike many civilian blood programs, the Military Blood Program does not require patients to replace the blood they use. At NRMC Oakland, blood is available, without obligation, to a patients who require it. To meet th need, the Oak Knoll Blood Bank opene the new center which will be open f donations from civilian and militar staff, outpatients and visitors.

Normally, **donors of all blood type are needed every day.** Whole bloo has a life span of only 35 days from th date of donation. In emergency situa tions there is little or no time to recru donors and process units of blood. must be ready in the Blood Bank, avai able for immediate use.

You can help by stopping by th Donor Center and donating a pint o blood. It takes about 45 minutes an often means more than any flowe candy or other gifts you can give patient.

Anyone interested in donatin should visit the center, or call 63 2329 for more information, or to mak an appointment.

Progress made in stopping measles; parents urged to keep up immunizations

A nationwide survey during the 1979-80 school year indicated that 94 percent of America's school children had been vaccinated against measles.

This represents major progress in a campaign to eliminate measles in the United States by October 1982. The effort, launched by the Department of Health and Human Services in 1978 has had outstanding success in the school-age group.

In 1980, 13,506 measles cases were reported in all age groups, representing an all-time low and a greater than 97 percent reduction from the annual average of 500,000 cases in the prevaccine era. During 1981, only 3,302 cases were reported—a 78 percent drop from the 1980 cases reported.

Captain Harold M. Koenig, Chairman of Pediatrics Service at Naval Regional Medical Center, Oakland, says only 10 percent of all counties in the United States reported measles in 1981, but points out that the percentage quoted includes one report from the Alameda-Contra Costa area.

While the total number of cases is on the decline, the percentage of measles cases contracted by preschool children is increasing. This is because that age group is much more difficult to reach with immunization services and requires additional attention from parents and the medical community to achieve high vaccination levels.

Fatalities related to measles occur most in preschool children and adults, groups which are not protected by school immunization laws. Six fatal measles cases were reported in 1980. Pneumonia and encephalitis are the most common direct causes of measles-related deaths.

Military parents are encouraged to contact the NRMC Oakland Pediatrics Service at (415) 639-2174 where further information and vaccination services are available. Also, parents should make sure they have the standardized immunization record card which is available at the hospital.

Dr. Koenig recommends the following immunization schedule for children:

Age	Immunization
2 Months	DTP (First)
	TOPV (First)
4 Months	DTP (Second)
	TOPV (Second)
6 Months	DTP (Third)
	TOPV (Third-optional)
15 Months	Measles)
	Mumps)*
	Rubella)
18 Months	DTP (Fourth)
	TOPV (Fourth)
At school entry (4 thru 6 years)	DTP (Fifth)
	TOPV (Fifth)
14 thru 16 years and every 10 years thereafter	Td

DTP—Diptheria and tetanus toxoids and pertussis vaccine adsorbed (5 doses recommended)
TOPV—Tirvalient oral polio vaccine, live (4 doses recommended)
Td—Tetanus and diptheria toxoids adsorbed (adult)
*(May be combined as a single injection vaccine—MMR)

Quality care seminar subject

The Patient Care Assessment Council presented a seminar here Jan. 27-28. "A Journey Through the Unexplored Areas of Quality Assurance" was the theme.

Sixty council members from Ukiah to Salinas discussed the principles, techniques and barriers to effectively implement quality assurance. The faculty included Quality Assurance Coordinators from Bay Area hospitals and the Chief Pathologist of St. Mary's Hospital. A history of Oak Knoll by LCDR John Kraft highlighted the welcome. Attending from NRMCO were CDR Joan Tulich, NC; Karoline Gunter, R.R.A.; Myrtle Cannon, A.R.T.; Lillie Thompson, A.R.T.; Frances Sheykhzadeh, A.R.T.; and Peggy Terry.

The conference satisfied 11 credits of JCAH continuing education for the American Medical Records Association.

ACT test offered

The American College Test (ACT) will be given at the Treasure Island Navy Campus office, Building 29B on Avenue H, Wednesday, Feb. 24, at 8 a.m.

Only active duty personnel and dependents are eligible to participate in this college entrance examination. However, dependents must be 18 years or older and must pay a fee of $8.50 by check or money order. There is a study guide available at the Navy Campus office.

The examination is free for military personnel. Early registration is recommended due to limited space. Call 765-6329 or stop by the Navy Campus office.

Medics assist at crash site

Following last month's crash of a commercial jetliner into the Potomac River, Navy personnel from a number of Washington, D.C. and Virginia-based commands responded to the emergency and assisted civil authorities in the initial rescue and subsequent salvage operations.

National Naval Medical Center (NNMC) Bethesda, Md., went on alert immediately after the crash, and prepared to receive survivors if it became necessary. Forty units of blood were donated to the Metropolitan Washington Blood Bank and the hospital's helicopter pad was used b national health officials.

NNMC's Branch Clinic at th Washington Navy Yard sent eight cor psmen and two ambulances to th scene to assist authorities in treatin rescue workers for exposure. One cor psman, qualified in diving medicine volunteered his services and worked a a salvage diver at the scene.

The Naval Medical Researc Institute's Hyperbaric Medicin Program Center also provided assis tance.

Columbia announces spring session

Columbia College will offer six courses at Treasure Island and two at Hamilton AFB during its March 15-May 9 session. Columbia is a fully accredited four-year college offering Associate and Bachelors Degrees in Business Administration, Psychology, and Criminal Justice.

Scheduled for the Treasure Island campus are: English Composition II (MWF, 11:05 a.m.-12:45 p.m.); Introduction to Criminal Justice Administration (Mon., 6:30-11:30 p.m.); Business Math (Tues., 6:30-11:30 p.m.); Management of Criminal Justice Agencies (Wed., 6:30-11:30 p.m.); English Composition I (Thurs., 6:30-11:30 p.m.); and Business and Its Environments (Sat., 9:00-12:00 noon; 1:00-3:00 p.m.).

At its Hamilton AFB location, Columbia will offer Accounting I: Financial (Mon., 6:30-11:30 p.m.) and Organizational Behavior (Wed., 6:30-11:30 p.m.). Columbia is sponsored by Navy Campus at both Treasure Island and a Hamilton AFB.

Because of its close relationship t the armed forces, Columbia has policy of assessing military schools an experience for academic credit. Th school also accepts CLEP and DANTES tests. Being a serviceperson's oppor tunity college, Columbia makes no dis tinction between credits accumulate at residence centers such as Treasur Island and Hamilton and those accumu lated on the home campus.

Interested students should contac Larry Blades or Jeannie Hopper a (415) 397-5613 to obtain more infor mation about the program or to set up an appointment.



MICROSURGICAL SKILL AT WORK—With the aid of microscopes, Drs. Charlotte Alexander and David Lichtman attach the big toe to Martin's hand.

(Story, Page 3)

Navy Relief offers advice on college student loans

This is the time of year when college or vocational school students submit their applications for admission—and one of the tough questions facing most families is: "Where's the money coming from?" Paying for a post-secondary education involves a monetary commitment second only to buying a home, and requires the same kind of careful financial planning.

The first thing to do is, of course, to make a realistic assessment as to how much of this extra load can be carried out of savings and annual income without putting an unacceptable burden on other members of the family. If there is a big shortfall—as happens all too often—it's not the end of the world. There are many avenues of possible assistance which do not have to be repaid, including scholarships, grants and work-study programs. The Financial Aid Office at the institution to which you are making application can provide details on how to apply for aid for which your dependents may be eligible. Also, high school counselors in your hometown may be able to provide such advice.

If, after reviewing these avenues you still need financial support, then a Federal Guaranteed Student Loan should be considered. Although eligibility for this program was restricted and benefits reduced by 1981 legislation, it still offers substantial help to most students of our Navy/Marine Corps community. Navy Relief has made arrangements to see that such loans are available to eligible dependent children of active and retired members of the Navy and Marine Corps, who attend approved post-secondary schools full-time, as well as "fleet input" personnel in the NROTC, ECP, and MECEP Programs. Also, this will be the second year of a "pilot program" where the Society will sponsor such loans for a limited number of spouses of active duty servicemembers. This program was initiated by the Navy Relief Society to overcome the difficulties experienced by many servicemembers in getting such loans from financial institutions on their own. By serving as a "corporate sponsor" and placing money in escrow, Navy Relief has been able to ensure the availability of Federal Guaranteed Student Loans from its banks for applicants who meet basic eligibility. These governmental requirements are:

- Be a U.S. citizen (or an authorized immigrant alien).
- Be enrolled, or accepted for enrollment, in a post-secondary school approved by the Department of Education.
- Meet a financial "needs" test administered by the Financial Aid Officer at this school. (Students from families with an adjusted gross income of less than $30,000 are normally presumed to "need" a loan, unless the cost of education is offset by other student aid.)

Under this program, a student may borrow up to $2,500 per year ($12,500 total) from the bank to meet the following costs of undergraduate education: tuition and fees, room and board, books and supplies, personal needs and transportation. The authorized amount of such loans, however, will be reduced to reflect the value of other student aid such as Basic Educational Grants and Social Security Payments. Students at graduate or professional schools may similarly borrow up to $5,000 annually to meet these costs. The maximum that can be borrowed for any combination of undergraduate and graduate education is $25,000.

Repayment of the loans is the responsibility of the student, and parents are not required to co-sign loan agreements. The lending bank charges the student a fine of 3 percent one-time "origination fee" ($125 for a $2500 loan). The Federal Government pays the interest while the borrower is in school, and during a grace period of at least six months after leaving school. Thereafter, the borrower repays the principal plus nine percent interest to the bank in monthly amounts as specified in a repayment schedule. (Students who borrowed under the GSL Program prior to January, 1981, continue to pay seven percent on their new loans, and have a nine month grace period.) The maximum repayment period is 10 years.

Navy Relief is not in a position to offer an alternative loan program to most persons who are denied a Guaranteed Student Loan on the basis of the governmental "needs" tests. The Society will, however, consider providing such assistance in exceptional cases where the approved "needs" formula has not taken into account the family's financial circumstances adequately, and a loan is required to avert actual hardship to the family.

If you are interested in more detailed information, obtain a copy of the pamphlet, "The Navy Relief Society Guaranteed Student Loan Program", from your local Navy Relief Auxiliary/Branch, or by writing: Director of Education Programs, Navy Relief Society, 801 N. Randolph Street, Room 1228, Arlington VA 22203. "Fleet Input" selectees for the NROTC/ECP/MECEP Programs may obtain this information from the Professor of Naval Science or the Marine Officer Instructor at their school.



FAMILY GATHERING—With the exception of one member who was unable to attend, the military Driscolls pose together upon the occasion of Sharon's graduation from the University of Virginia last summer. Left to right, they are: Michael, Sharon, Debbie, and father Jerome. The fifth member, Patrick, was at sea.

The Driscolls—a service family

Military bearing is something that many of us learn when we join the military, but for Nurse Corps Debbie Driscoll of 6 West it is a family affair.

Five members of the Driscoll family have worn a uniform of the military service. Her father, CAPT Jerome M. Driscoll, USN Retired, was a line officer pilot and also worked in Defense Communications, serving more than 31 years. Brothers, Army CAPT Michael J. Driscoll, and Navy LT Patrick G. Driscoll, and sister Air Force 2LT Sharon A. Driscoll are still on active duty.

Michael graduated from West Point in '76 and is now a line officer at a Field Artillery station in Kentucky. Patrick, a line naval flight officer for S-3s in Jacksonville, Fla., graduated from Duke University in '77, and Sharon graduated from the University of Virginia the year after her sister, but chose the Air Force. She is stationed with an Aerospace Division in Los Angeles as a systems engineer.

So why the Navy, or the military for that matter? "I was more familiar with the Navy and I like to travel," said Debbie. "Navy nurses have more responsibility faster and more administrative opportunities than civilian nurses," she added.

After graduating from college in '80, her first duty assignment became Oak Knoll where she expects to remain at least two more years.

She enjoys piano, sewing, jogging and volleyball. Last year she competed in the tennis tournament, placing second here and fourth in the regional.

Ruling: No pay for ex-spouses

The United States Supreme Court has ruled that state courts may not treat military retired pay as community property in divorce settlements.

By a six to three majority vote, the Justices ruled that military retired pay is designed to fit in with other retiree-related programs such as the Survivor Benefit Plan, and state laws cannot be allowed to disrupt these federal programs.

The decision evolved from the appeal of retired Army Colonel Richard J. McCarty who had been ordered by the California courts to pay 45 percent of his retired pay to his former spouse.

The Supreme Court ruled that application of California's community property laws to retired military pay conflicts with the "federal military scheme" and interferes among other things with the military's manpower management system which may recall retired personnel to active duty.

The Justices made it clear that the ruling will apply in non-community property states that have similar concepts.

The ex-spouse still has a right to claim social security benefits and to garnishes military retired pay for the purpose of alimony or child support. The decision does not preclude individual divorce settlements providing for voluntarily shared military retirement pay.

Retirees who believe they are affected by the decision should seek specific guidance and details on the impact of the McCarty ruling from legal counsel.

Auxiliary to hold annual game night

The Naval Regional Medical Center Officers' Auxiliary has announced that it will hold its annual Casino Night at the Oak Knoll Officers' Club on March 13, beginning at 8 p.m.

Tickets will be sold in advance of the event at the Officers' Dining Room, March 8-12 for $6 each. Admission price at the door the night of the event will be $7. The tickets include refreshments.

Profits from the party will go toward the club's philanthropic projects.

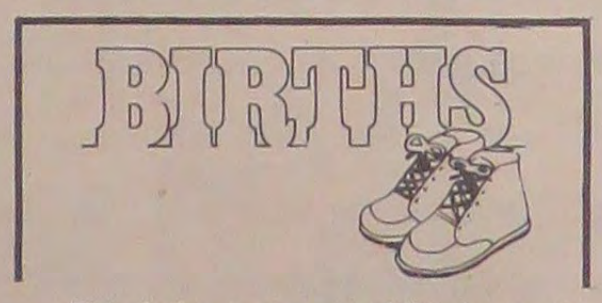
Local Red Cross needs volunteers

The Red Cross at Naval Regional Medical Center Oakland is recruiting for volunteers. Clerical workers are especially needed to assist in the office, with typing helpful but not necessary.

There is also an urgent need for volunteer caseworkers. Some college training in social science or a related field is required.

Volunteers are requested to work a minimum of four hours weekly.

Contact Mrs. Ardith Sklinchar or Mrs. Alice King at 639-2524 if interested.



The following new additions to the medical "family" have arrived at Naval Regional Medical Center, Oakland:

A baby girl to Lieutenant Arnold S. Kirshenbaum, Pediatrics Service, and his wife Joyce, Jan. 26.

A baby girl to Hospital Corpsman Third Class Keith B. Lambert, PMT School staff, and his wife Pamela, Feb. 2.

A baby boy to Hospital Corpsman Second Class William L. Fenstermacher, Jr., Moffett Branch Clinic, and his wife Michelle, Feb. 5.

Volunteer.
American Red Cross
Together, we can change things.



75 YEARS OF FUN—The Santa Cruz Beach Boardwalk celebrates its 75th Anniversary in 1982 with special events and promotions lasting the entire year. Also new this year is an added Beachcomber Club discount. Discount cards at $7 per person permit unlimited rides on all the features of the amusement center. These cards are now available in Special Services on base. Boardwalk attractions are now operating on weekends, beginning at 11 a.m., and will be open all of Easter Week, April 3-11.

Navy plays role in child's rescue

Dr. William Goodin, NAS Lemoore flight surgeon, and a Yosemite nurse worked together to stabilize vital signs and raise the 87-degree body temperature of little Donnie Priest who was the only survivor of a small plane crash in the high Sierras in early January.

A search and rescue team from NAS Lemoore sighted the wreckage on a mountainside five days after it had been reported missing. Unable to land on the steep slope, the helicopter departed and picked up permanent winter rangers who were familiar with the area. Landing about 200 yards from the wreckage, the rangers skied to the plane, dug through the snow and crawled into the fuselage, where they found Donnie and the bodies of his mother and stepfather.

The 11-year-old child was hoisted into the helicopter in a fishnet harness after being wrapped in blankets to warm him and flown to the Yosemite Dispensary for emergency treatment by Dr. Goodin and the nurse. He was later flown to a Fresno hospital by the SAR crew, and still later transferred to Stanford, where surgeons found it necessary to amputate his frostbitten feet.

At last report, Donnie had been discharged from the hospital and was recuperating at the home of his father.

MOVIES

Friday, Feb. 19, 6:30 p.m.—RUCKUS—Dirk Benedict, Linda Blair—Action/R
Saturday, Feb. 20, 1 p.m.—OIL—Stuart Whitman, Ray Milland—Action/PG
Saturday, Feb. 20, 2:30 p.m.—THE LOVE BUG—Dean Jones, Michele Lee—Comedy/G
Sunday, Feb. 21, 6:30 p.m.—ALL THAT JAZZ—Roy Scheider, Jessica Lange—Drama/R
Monday, Feb. 22, 6:30 p.m.—THE BIG RED ONE—Lee Marvin, Mark Hamill—War/PG
Tuesday, Feb. 23, 6:30 p.m.—ONLY WHEN I LAUGH—Marsha Mason, Kristy McNichol—Comedy-Drama/R
Wednesday, Feb. 24, 6:30 p.m.—VICTORY—Sylvester Stallone, Michael Caine—Drama/PG
Thursday, Feb. 25, 6:30 p.m.—THE IMAGE OF BRUCE LEE—Bruce Li, Chang Wu Lang—Action/R
Friday, Feb. 26, 6:30 p.m.—SILENCE OF THE NORTH—Ellen Burstyn, Tom Skerritt—Adventure/PG
Saturday, Feb. 27, 1 p.m.—JUNGLEBOOK—Phil Harris, Sebastian Cabot—Animated/G
Saturday, Feb. 27, 2:30 p.m.—SONG OF THE SOUTH—Ruth Warrick, Bobby Driscoll—Musical Fantasy/G
Sunday, Feb. 28, 6:30 p.m.—BORDERLINE—Charles Bronson, Bruno Kirby—Action/PG
Monday, March 1, 6:30 p.m.—SOMEWHERE IN TIME—Christopher Reeve, Jane Seymour—Drama/PG
Tuesday, March 2, 6:30 p.m.—BODY HEAT—William Hurt, Kathleen Turner—Drama/R
Wednesday, March 3, 6:30 p.m.—HEAVEN'S GATE—Kris Kristofferson, Christopher Walken—Western/R
Thursday, March 4, 6:30 p.m.—ALL THE MARBLES—Peter Falk, Vicki Frederick—Action-Comedy/R

U. S. Government Printing Office
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Tahoe special slated

Special Services is now accepting signups from military, retired, dependents and Department of Defense civilians for a ski-gambling-show trip package to South Lake Tahoe. A deluxe motorcoach will leave Naval Regional Medical Center Oakland at 4:30 p.m. on Friday, March 19, and return to Oak Knoll on Sunday, March 21, at 8 p.m.

The package includes round-trip transportation, two nights at the Vagabond Motel, $10 in cash bonuses and $5 in food coupons from Harrah's and Harvey's casinos. Free transportation will also be offered to the Heaven Valley Ski Area and to the casino (Major shows playing at that time w be announced later.)

Sally Young in Special Service urges those interested to sign up no so that space may be held. A $2 deposit is completely returnable un March 1. Per person prices are: Doub or Triple Occupancy, $73; Twin, $7 Single, $100.

Call Sally at Ext. 2479, or stop in the Special Services Ticket and To Office in Room 216, Bldg. 38, for mo details, or to sign up.

Lake Chabot—a park for all seasons

If the proverbial long winter's nap has lost its recreational appeal, then it is time to pay closer attention to Lake Chabot—a park for all seasons.

Fishermen, runners, bicyclists, babes in strollers, hikers and joggers may be seen in action along the shores of this urban lake most any day.

Paved trails along the scenic shores are indeed an attraction during the moist winter season. January storm washouts along the Westside Trail temporarily interrupted the regular jogging and running patterns from Chabot Park in San Leandro, over the dam, to Lake Chabot and the marina. But the Lakeside Trail along the eastern shore remains open for an exciting journey. Watch postings at the marina area for trail improvements.

Year-round fishing

There is year round fishing in Regional Park Lakes. Come lure the limit of rainbow trout, large-mouth bass, black crappie, red-ear sunfish, carp, channel and white catfish. Challengers of the lake's record catches will become members of the Lake's exclusive "Whopper Club," according to Lake Chabot Supervisor John Maciel, and their winning catches will be posted at the Marina Coffee Shop.

State Fishing Licenses and EBRPD Fishing Permits, both available at the Marina from 7 a.m. to 4 p.m. daily, are required for anglers aged 16 years and older.

Breakfast at lake

On weekends for early-rising fisherfolk, hikers and joggers, there is breakfast available at the coffee shop: On Saturday, a short stack, two eggs and beverage, $1.65; on Sunday, enjoy the Jogger's Special of two eggs, hashbrowns, toast and beverage for $1.75.

The Senior Citizen Special offered weekends at lunchtime includes hot soup, grilled cheese sandwich and beverage, plus a free ride on the Lake Chabot Tour Boat, the "Lake Chabot Queen," for $1.70.

For all ages, winter purchase of any Coffee Shop special gives half off the price of a tour boat ride. Regular tours run Saturday and Sunday at 11 a.m., 1 and 3 p.m. Rates are $1/adults 13 through 64 years; 50¢/children 6-12, senior citizens 65 years and older, and for handicapped individuals. Age six and under ride free.

Charter tours

Charter tours may be arranged on weekdays by phoning EBRPD Reservations, 531-9043.

There are also rental rowboats (with or without electric motors), paddle boats and canoes available to explore the remote inlets and coves of Lake Chabot or to reach choice fishing spots. No private boats are allowed.

If you yearn for the quiet found drifting in a canoe, but lack the paddling skills, consider a canoeing class. First classes for 1982 will begin soon. T sign up or for more details, contact th American Red Cross office in Oaklan 533-2321. Instruction is free. There a charge to cover cost of canoe rent

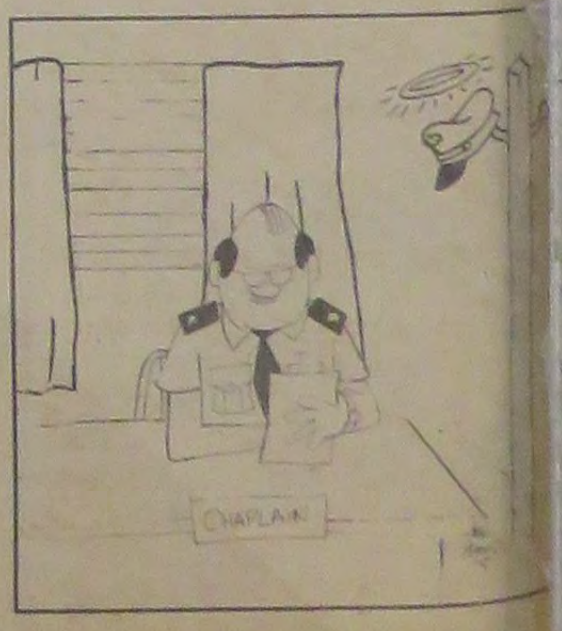
Directions to Park

To reach Lake Chabot in Anthor Chabot Regional Park: Take Hwy 58 to 150th-Fairmont Ave. exit in S Leandro; drive east on Fairmont to La Chabot Road; ease right onto Lak Chabot Road and watch the leftha side of the road for the Lake Chabo sign.

Parking, $1/daily at Lake Chab during the winter, takes four qua ters... or park members may displa their membership cards on th dashboard to waive the fee. *(East Ba Log)*



YUKON TERRITORY—Seen fro atop Logger's Run, a water flum ride, this theme area is one of fiv new historical adventures at Ma riott's GREAT AMERICA in San Clara. Something else new: Speci Services now offers a season pass t the amusement center for $3 (general public pays $49.95). Th ticket entitles the bearer t unlimited use of the park for th entire 1982 season, from openin day March 6 until it closes in the fa If lost, the ticket can be replaced a no charge; however, no cash refund will be made. The offer is limited, s first-come, first-served. Special Se vices also offers regular day ticket at a discount rate of $10.



Vol. 44, No. 4

the Oak Leaf

NAVAL REGIONAL MEDICAL CENTER. OAKLAND. CALIFORNIA.

Friday, March 5, 1982



INSPIRATIONAL TALK—R. C. Owens, former wide receiver for the San Francisco 49ers, and Executive Assistant for the same football team, was guest speaker at the Oak Knoll observance of the National Prayer Breakfast in mid-February. Others participating in the program were Mr. Weldon Miles, Marine Corps Staff Sergeant James M. Cooper, Rear Admiral Walter M. Lonergan, Lieutenant Arnold S. Kirshenbaum, Lieutenant Commander Suzanne Norton, Captain M.D. Seiders and Lieutenant Jack O'Neill. Coordinators of the successful event were chaplains Commander Melvin J. Hary and Lieutenant Jay L. Hoppus. Organist was Dr. Paul Mauk.

Credit Union check facility now open for business

The Alameda Coast Guard Federal Credit Union opened an expanded facility on base for share draft checking services on March 1. Featuring an express teller line for the handicapped, it is located in the old Bank of America building next door to the main credit union office.

The new location will be used by credit union members exclusively for all share draft checking account services. All other credit union services—savings, special certificates, IRAs, loans, new member accounts and safe deposit boxes—remain at the former location.

According to Walter Terry, General Manager, the additional facility will allow the staff to serve members more quickly and efficiently. "We now have over 5,100 checking account members in the credit union," he noted.

The handicapped will be able to cash paychecks at the new annex, using the special handicapped express line.

The new phone number, only for the credit union's checking services facility, is (415) 569-2633.

Hearings address open season

The Office of Personnel Management (OPM) held hearings in Washington on Feb. 22-23 to solicit views on a proposal to hold an open season May 3-28 for federal employees to change plans in the Federal Employees Health Benefit Program.

OPM Director Donald J. Devine said that there are more than 100 different insurance carriers offering group health plans to federal workers, and hopefully, printed materials describing these programs would be out within the next few weeks to allow employees to study the different plans before the open season, if permitted, begins.

If the delayed open season becomes reality in May, it would become effective for employees on the first day of the first pay period in July.

Also discussed at the recent hearings was a possible transfer fee that employees would have to pay if they switch from one plan to another, and the possibility that carriers could exclude certain pre-existing health conditions for enrollees who change plans.

Several congressmen and union representatives attended the Washington hearings last week. One congressman has introduced legislation that calls for a mandatory open season every year.

The open season which had been scheduled to take place last November and December was postponed by OPM amid uncertainty over the legal status of the benefits packages negotiated with the carriers in October. Several employee union health plans sued OPM over benefits reduction, claiming that the agency did not have authority to order the cuts. A Federal District Court ruled some of the cuts legal, and others illegal. OPM appealed the ruling, and a U. S. Court of Appeals panel ruled in OPM's favor on the question of whether the agency had authority to negotiate benefit reductions in order to stay within budget and to protect enrollees from unreasonably high premium increases.

FEHB premiums skyrocketed some 30 percent in January, with most plans reducing benefits by 16 percent.

OPM will review hearing findings and announce its decision after studies are complete.

Nearly three and a half million federal employees and retirees are enrolled in the FEHB program. Counting their dependents, nearly ten million persons are insured by the member plans. Enrollees and the government share the cost of premiums which pay for the coverage.

TRILAB status reported

The TRILAB computer system is in its final stages of installation, with the majority of the ward and clinic CRTs now in place and available for use by hospital staff.

The computer operation and laboratory technician training was completed the end of January. The Nursing Service training was conducted on Feb. 17 and 18. Computer security codes are presently being assigned to physician and nursing service personnel. Hardware and software were officially signed over to the government on Feb. 15.

The system has been running very well, as the staff members from Outpatient Services, Patient Affairs and Laboratory began entering patient and test request data, reports Lieutenant Commander Robert E. Felton. The various functions within the system are being tested daily by the laboratory staff. A system implementation plan has been initiated and the system will be phased into operation over the next four weeks. During this phase-in process, he said, the laboratory will be virtually maintaining two information systems, the old manual filing system and the new automated system. This means double work for the laboratory staff during the phase-in process.

Several problems have been identified during this last week and resolved. This is typical of any installation and is a necessary evil to fine tune the system to the hospital's unique needs, the officer explained.

As of March 1, 40 percent of all inpatient and outpatient data were expected to be in the system and available to ward and clinic personnel for viewing on their respective CRTS. Nursing Service personnel are encouraged to continue their training by using the knowledge gained in the training sessions and passing it along to other ward and clinic personnel. A special class will be set up in the near future for house physicians.

LCDR Felton had one last word of caution to those individuals who have received their personal security codes. "These codes are an electronic signature utilized by the system to link transactions within the system to the individual initiating the transaction. The acts of signing-on, inquiring, etc. are logged by the system on an audit trail report which is forwarded to management. Therefore, **one should never let another individual know or use your security code!**

Special menu at Porthole

St. Patrick's Day will be observed at *The Porthole* with a traditional corned beef and cabbage dinner March 17, it has been announced.

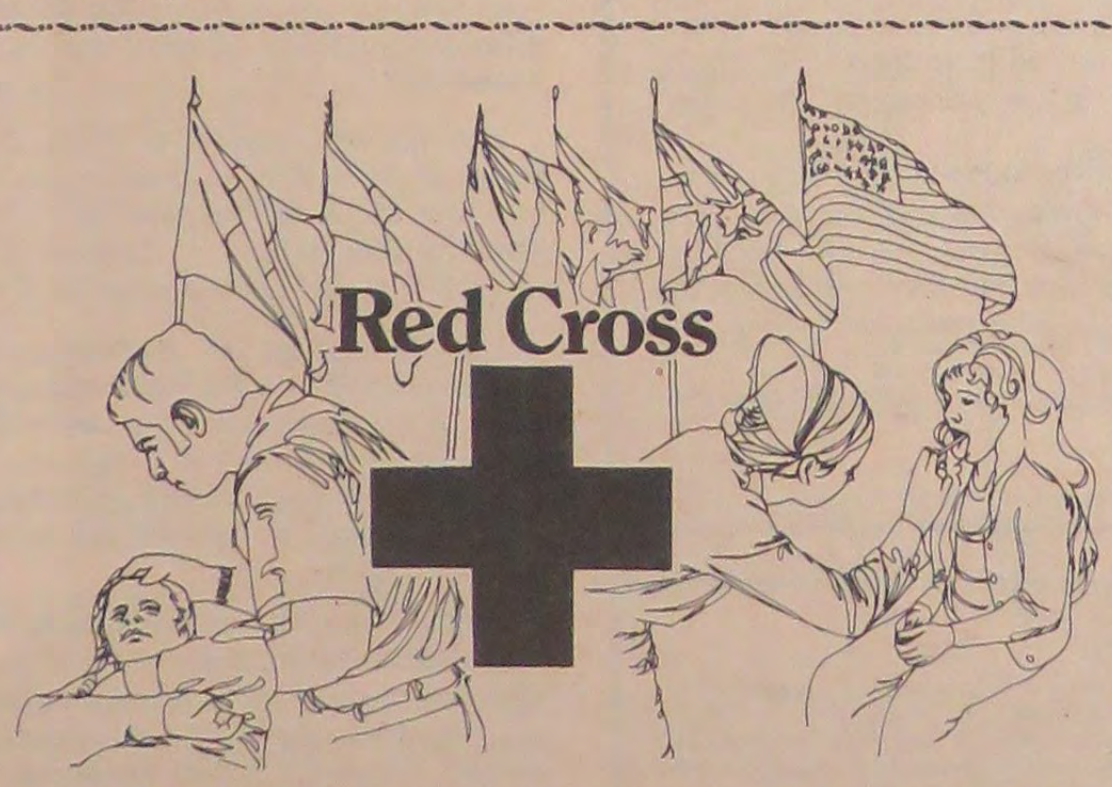
Planning was not complete when we called, but entertainment for that evening was also being considered.

Women officers to meet for lunch

A Bay Area Women Officers Luncheon is scheduled for 11:30 a.m. on Friday, March 19, at the Commissioned Officers Mess, NAS Alameda.

It is open to all active duty, reserve and retired officers in the San Francisco Bay Area. Featured speaker will be Captain R.L. Hazard, Commanding Officer, Naval Technical Training Center, Treasure Island, discussing "Career Line Opportunities for Women in the Navy."

Cost per person is $6.75 and reservations must be made by March 10. Those interested should call the Oak Knoll coordinator, Nurse Corps Lieutenant Commander Kathleen Bonnet-Langston, Ext. 2110.



MARCH PROCLAIMED RED CROSS MONTH—President Ronald Reagan has proclaimed the traditional month of March as Red Cross Month—a time for the nation to recognize the humanitarian services of this organization, in civil disasters, in war, and in the routine community/military business world. Naval Regional Medical Center, Oakland, in particular, takes this opportunity to offer a salute to its devoted Red Cross volunteers and their daily contributions to patient welfare.

Reserve clergy to attend drill

Pastoral Care Service will host a drill training period for several civilian clergymen who are reservists on Thursday, March 11.

Slide presentations on the hospital ministry will be given beginning at 8:30 a.m. in Staff Training Classroom, Ward 6S.

EDITORIAL

The gift of an angel



LCDR Stu Powrie

When *Oak Leaf* published his picture last July in promotion of the Travis Air Force Base show featuring the *Blue Angels,* several female military and civilian personnel asked for extra copies of the photo to dress up their bulletin boards.

He was handsome, his smile depicted a great personality, and male or female, one got the first impression that he'd make an interesting and loyal friend. More than that, his appearance was All-Navy, and it kindled a professinal pride in belonging to the same service.

Chances are remote that few of us knew him personally, but most of us were heartsick when we heard last week that 34-year-old Lieutenant Commander Stu Powrie had been killed in the Feb. 22 crash of his A-4 Skyhawk jet in the southeastern California desert.

For those who attended the Travis show, you might remember that Stu then flew Opposing Solo in Plane No. 6. A competitive swimmer throughout high school and at the U. S. Naval Academy, he became a naval aviator in April 1972. He completed training in the F-4 Phantom and was deployed for two years board the USS MIDWAY (CV-41).

He later received a masters of science degree in aeronautical engineering at Naval Postgraduate School, Monterey, and was inducted into the Sigma Xi academic honorary fraternity in March 1977. There followed duty at Pacific Missile Test Center, Pt. Mugu, and after that, deployment aboard the USS CORAL SEA (CV-43) in the Western Pacific and Indian Ocean. When he joined the *Blue Angels* in October 1980, he had more than 1,700 flight hours and 320 carrier landings to his credit. He was married and the father of two children.

The cause of the accident was still under investigation at the time of this writing. Our initial reaction to the tragic event was disbelief, followed by a feeling of great loss and sympathy for his loved ones. Stu, like the four members of the Air Force *Thunderbirds* who also lost their lives this year, was one of the good ones—rare individuals who make us glad to be Americans.

We should be thankful for the gifts Stu Powrie gave us in his all-too-short life. He was a true ambassador of goodwill.

Fly on, *Blue Angel.* We won't forget you.

NAVAL REGIONAL MEDICAL CENTER
OAKLAND, CALIFORNIA

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Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF Naval Regional Medical Center, Oakland, CA 94627.

Our patients write. . .

On Jan. 12 I was admitted to CCU. . . bad went to worse, and but for the cooperative; knowledgeable, conscientious efforts of all shifts, I would not be writing this.

I was transferred to St. Mary's Hospital and Dr. Espiritu accompanied me in the ambulance. The following day (surgery was performed).

The surgeons were marvelous but it is the CCU I am writing about. I shall not name names because, in my befuddled state, I will surely omit someone and believe me, **ALL** receive equal credit. Shifts came and went and no people, regardless of rate, could have done more or been more efficient.

When I was released from the (civilian) hospital I thanked the surgeon and he said, "I don't deserve your thanks for saving your life. Oak Knoll did that. I merely repaired the damage nature had done."

So—how do you thank people for your life? I want you to know for all the patients who come and go through CCU and never say anything—here is one who will be forever grateful and I want you to be aware of the people in that unit who "give their all."

For 35 years I have used this facility and because of these people I hope to use it for another 35.

Shirley Steffen

A new blueprint tomorrow?

By LTJG Scott A. Marsh

To commemorate Black History Week, a program was held Feb. 23. I went with the attitude that I didn't think that I would be "culturally enriched." As the program progressed the tone was not what I truly expected but more what I had hoped that it would be.

For those of you who unfortunately had other things, or as others asked, "Why be reminded? Why have a Black History emphasis? Let me share with you my thoughts about the program.

The theme was "Blueprint for Tomorrow." The poet Frederick Douglas was quoted as saying, "without struggle there is no progress." But with whom is the struggle or the opponent? A Selected reading by GMG1 Reginald Day talked about his advice for the future. "It's not what a man wishes and prays for that he gets, but what he justly earns." Through songs and the spoken word, thoughts of courage and decision ("with a made up mind") emphasized the message.

We must work together. I say "we" not whites or blacks, but all men. Synergism is the cooperative action such that the total effect is greater than the sum of individual efforts.

We must share our opportunities and knowledge with all people. Growing together and working together as a team for the good of all.

We are all Americans, black, white, yellow or brown. All of us are citizens of this United States. All of us should be working toward the same goal. Who is our opponent? Hopefully not each other.

I'm reminded of the words to a song made famous by B.J. Thomas "Everything is Beautiful"

"Everything is beautiful in its own way
under God's heaven the world will find the way. . .
There is none so blind as he who will not see
We must not close our minds and let our thoughts be free."

I pray that I am not somebody's struggle and that my mind will open to help and contribute to the combined good. Are you somebody's opponent in their Blueprint for Tomorrow?

Chaplain's Corner

Lent—a time for new beginnings

By Chaplain Jay Hoppus

II Corinthians 6:2 ". . .Behold, now is the acceptable time; behold, now is the day of salvation."

You may not believe it, or it just doesn't seem possible, but Lenten season began again last week. Ash Wednesday begins the theme of "now is the time." Lent should be a time for us to take personal inventory. Not from the rooms and shelves of our homes or offices, but of our own lives. Who are we serving and following after—the ways of the world or the ways of God?

"Now" says Paul in Corinthians is the day to ask ourselves how do we stand in relationship to God? The ways of the world point to a Medicine Chest God where we take out a God pill only when we're feeling bad, and then, it's back into the chest. The ways of God point to a God who immersed Himself totally into human life and especially with the suffering of humanity. Jesus Christ, the Son of the living God, took on our nature, suffered and died for us, and then gave us life as we've never known it before.

"For our sake He made Him to be sin who knew no sin, so that in Him we might become the righteousness of God." (2 Corin 5:21). "In Him" is what it means to be following the ways of God and it's a free gift this Lenten season. Just accept the gift and take it into our life. That's generally what we do isn't it, when someone has a present for us? It is just so simple. Yet in our jet age of computers, science, knowledge, wisdom and Madison Avenue, we want to spruce it up and work for it, change it, and package it up in paper and tinsel so it looks good.

The heritage and tradition of the Church has left the message that it is not what we can do for God but what He has already done for us. If we are to do or work for anything, it is in response to what God has done already for us—to accept or reject the gift of His Son. Now is the acceptable time to begin any future. May you just "keep it simple" and accept now God's salvation. "God was in Christ, reconciling the world to Himself. . ."

St. Pat's Day salute to the 'fighting' Irish



The roll of the 18th Pennsylvania Regiment during the American Revolution in 1779 showed foreigners outnumbering native born Americans two to one, with the Irish alone comprising nearly half of the men. The roster of the Pennyslvania State Regiment of Artillery indicates that former Irishmen made up one-third of the entire regiment. This high ratio was typical in many of the Colonial forces.

Thousands of Irishmen served in the Union Army during the Civil War. The famous Irish brigade commanded by General Thomas F.Meagher was composed of the 63d, 69th and 88th New York Regiments. Units of the brigade were particularly outstanding in the Battle of Mary's Heights at Fredericksburg, Va., when Irish regiments from the North faced Irish regiments from the south. Massachusetts, Pennsylvania, Indiana and Illinois each furnished two Irish regiments and several other states each provided one.

Irish participating in the Army that fought the Indians after the Civil War is borne out by the names of men who won the Army Medal of Honor: Irwin, Fegan, Carrol, Carter, Daily, Dowling, Farren, Foran, Golden, Higgins, Deenan, Brophy, Reed and Burke were all from Ireland.

During World War I, Pat Regan dashed with an empty pistol into a machine gun nest, capturing 30 Austrian gunners and four machine guns. Richard W. O'Neil in advance of an assaulting line attacked a detachment of about 25 of the enemy.

Who has not heard of those legendary heroes of World War II—the five Sullivan brothers who tragically went down with their ship, or of Colin Kelly, killed when he sank the Japanese warship. Irishmen as an ethnic group were awarded more Navy Medals of Honor than any other ethnic group and there were thousands of others—sons or sons of sons of the Old Sod.

There was Jonah Kelley who destroyed a machine gun nest before he was killed; Ova Kelley who inspired his comrades to destroy an enemy force of 36 men while capturing one light and two heavy machine guns; Charles L. Kelly who defended an ammunition storehouse against vastly superior enemy forces with his automatic rifle; Thomas J. Kelly, a medical-aid man, who made 10 separate trips through murderous enemy fire, each time bringing wounded men out of the death trap.

On and on the list could continue, down through the Korean War and Vietnam conflict, of the fighting Irish who contributed in protecting the nation that had given a home to them or to their fathers.

The Irish contributions were not unique; they were in league with contributions of a host of men who came or who were the offspring of men who came from many nations. But it seems their right to be singled out as we approach St. Patrick's Day, the day of the Patron Saint of Ireland.

Info course for those getting out

Are you due to get out of the service soon? YNI Steve Garthwaite, Naval Reserve Counselor and member of the Pacific Fleet Naval Reserve Indoctrination Team at Alameda, presented an information course on VA Benefits and Reserve Programs on Feb. 25, and will repeat it in March.

This course is mandatory for those leaving the Navy. Other interested personnel may wish to attend and be advised of the opportunities available. This is not a recruiting endeavor.

For times and location consult the Plan of the Day.

'O club' closed on Mondays

The Naval Regional Medical Center Officers' Club is now closed on Mondays.

The club is open for lunch the remaining four days of the business week from 11:30 a.m. to 1:30 p.m.

Happy hour is held each Friday, beginning at 4 p.m.

GCM convicts Navy officer of drug offenses

A U.S. Navy officer was sentenced Feb. 9 by a general court-martial to dismissal from the naval service and two years confinement at hard labor for drug-related offenses.

The court-martial was convened by Commander, U. S. Naval Forces, Japan, and tried at Fleet Activities, Yokosuka, Japan. The officer, a lieutenant assigned to Commander, Fleet Air Western Pacific, was convicted of 12 specifications of violating a general order or regulation. **The violations included wrongful sale, transfer, possession and use of marijuana.**

Dismissal from the Navy for an officer is equivalent to dishonorable discharge of an enlisted member.

Army general visits NRMCO

Brigadier General John H. Mitchell, Director, Human Resources Development in the office of the Army Chief of Staff, paid a courtesy call on the command and visited the Drug Screening Laboratory on base Feb. 16.

On his trip from the Pentagon, Brigadier General Mitchell also called on Letterman Army Medical Center in San Francisco and Ft. Ord near Monterey.

The Army's alcohol and drug abuse program is one of his responsibilities.

Pacific Fleet combats fraud, waste, abuse

More than 225 cases of fraud, waste and abuse were identified by Pacific Fleet counter-intelligence officers in 1981, saving the Navy hundreds of thousands of dollars, and supporting the actions taken by a steering group established by Admiral James D. Watkins, Commander in Chief, U. S. Pacific Fleet.

Some of the examples include:

- A sailor fraudulently obtained government transportation for his girlfriend and her child to travel overseas, and secured temporary living allowance and base housing for them.
- A teleprinter was recovered from a trash site at a naval air station. It was supposed to have gone from an aircraft carrier to a repair facility ashore for rework. Its value was $30,000.
- **A doctor assigned to a Naval Regional Medical Center started two civilian businesses, allegedly operating them primarily on government time. He is also alleged to have billed CHAMPUS for treatment of military personnel.**

At a recent meeting of the fraud, waste and abuse steering group, Admiral Watkins had blunt words for potential offenders: **"Some may be tempted to think that. . . a little bit of fraud might be all right. Well, it isn't, and the Navy is sending that signal strong and clear throughout the rank and file. The penalties are tough. Penalties can end a bright career and result in a stiff prison sentence. With the challenge of providing an adequate defense with finite resources, fraud, waste and abuse must be eliminated."**

Anyone seeing wasteful or criminal abuses taking place should report the encounter through the chain of command or call a "hotline" for fraud, waste and abuse. Nationally, the numbers are Commercial (800) 424-9098 (outside Washington, D.C.) or 693-5080 (inside Washington, D.C.), Autovon 223-5080 or FTS (202) 693-5080.

Military host families sought for educational exchange program

Military families are being sought to host foreign students visiting the western United States for the 1982-83 school year under auspices of American Intercultural Student Exchange (AISE), a non-profit organization recognized by the U. S. International Communication Agency.

Male and female students aged 16 and 17 will be visiting the U. S. from Sweden, Norway, Finland, Germany, Spain and the Philippines. All will be English-speaking. Host families would provide room and board and would be eligible for $50 per month tax deduction for each student.

AISE is also looking for host families for Finnish students visiting the western U. S. for a five-week summer program in June-July 1982, as well as U. S. students interested in spending the 1982-83 school year in the above-named countries.

For more information, military personnel and dependents may contact AISE at 714-459-9761. Collect calls will be accepted AISE can also be reached via letter at 7728 Lookout Drive, La Jolla, Calif. 92037.

Identification of drug abusers 'vital'

Unfamiliarity with the symptoms of drug and alcohol abuse can significantly reduce the chances of success in treating the abuser and jeopardize the safety of other personnel, according to a January 1982 report of the Navy Alcohol and Drug Abuse Program (NADAP).

The report calls on commanding officers, executive officers and supervisors to learn how to identify those individuals within their units who show symptoms of being in trouble with alcohol and other drugs.

According to NADAP, early discovery of a problem "short-circuits the manipulative skills of the alcoholic and other-drug dependent individuals" and shortens the dependency period and recovery process. It also prevents development of the alibi system that allows individuals to justify their drug or alcohol abuse.

Occurrences which may indicate a drug or alcohol involvement include: unusual absenteeism, an accident rate significantly greater than normal, difficulty in concentration, confusion in understanding instructions and spasmodic work patterns alternating between periods of very high and very low productivity. Mood swings, fights or arguments with fellow workers, disheveled clothing and fear of learning new jobs or skills may also indicate a problem.

Ignoring the issue creates the risk of physical harm to command personnel who depend on the reliability of an individual's work, or harm to the abuser himself through abuse-related accidents or overdoses. The report says recognition of symptoms is vital to the interest of Navy operational readiness and manpower retention.

Call before donating publications to library

The General Library requests prospective donors of books call Ext. 2220 first to see if the donations are needed. Due to lack of space, the library cannot accept many gifts, a spokesman explained.

Paperbooks in good condition are welcomed, he said, and are used by our patients in the hospital wards, but gifts of Reader's Digest Condensed Books, old textbooks, five-year-old "best sellers," and any books in large quantities cannot be used.

Hi-ho, Silver, —he's away!

A "Stallion" which could conceivably be called "Silver" is loose somewhere in the main hospital building and needs to be rounded up and returned to its corral on the third deck.

Twelve hands, or four feet tall, "Silver" carries a six foot grey tail and rolls, rather than gallops, on three round feet. His body is chromeplated and he "snorts up" both wet and dry materials.

You guessed it. . . "Silver" is a vacuum cleaner with the tradename of Stallion. He disappeared from the Housekeeping storeroom on or about Feb. 1. If he happens to be in your service (or pasture), please call Ext. 2204.



'BIG E' RENOVATED—USS ENTERPRISE (CVN-65), the world's first nuclear-powered aircraft carrier, is back at her homeport of NAS Alameda after a three-year, $276 million overhaul at Puget Sound Naval Shipyard where she is picured as she nears completion. The overhaul included engineering updates, changes to the mast and the installation systems, as well as a general rehab to living quarters.

Seabees 40th Anniversary

The name and insignia for Seabees were authorized March 5, 1942.

The name 'Seabees' is derived from the first Construction Battalions (CBs). Seabees traditionally observe March 5 as their anniversary.

On March 19, 1942, the Civil Engineer Corps was given command of the Seabees, whose official motto is "Construimus-Batuimus." Literally, this means, "We Build—We Fight."

The first Seabees had no military training. One month after the units were formed, they found themselves at work building roads on Borabora, thousands of miles out in the Pacific.

They proved then that they live up to the saying "Navy Seabees can do!"



They're still proving it today. Happy 40th, Seabees.

VA seeks former POWs

Veterans service organizations and some 500 military unit associations are being asked to help the Veterans Administration locate 57,000 special persons.

They are part of the 100,000 living American former prisoners of war (POWs) who became potentially eligible for benefits as the result of recent legislation.

The VA already has the names of 43,000 former POWs who have qualified for compensation or pension.

The POW Health Care Benefits Act of 1981 makes it easier for former prisoners of war, held by the enemy for as short a period as 30 days, to establish entitlement to compensation for certain disabilities.

These veterans may now be compensated for certain psychological and nutrition-related disorders regardless of when, in their lifetimes, they first appear.

Eligibility for inpatient and outpatient medical care, on a priority basis, now exists for all ex-POWs. The new law also provides that a vet's captivity need not have been during wartime for these new, more liberal, benefit rules to apply.

The agency's concern with the special health problems of former POWs stems from a joint study in 1980 with the Department of Defense which found POWs, whose confinement was characterized by starvation diets, lack of medical care and inhumane treatment, have a higher incidence of physical and psychological disabilities.

Former POWs may previously have had difficulties establishing claims for benefits based upon service connected disabilities due to inadequate repatriation examinations, the study points out.

The largest group of former POWs, 93,128, is from World War II. There are 3,844 ex-POWs from the Korean Conflict; 800 from World War I; 642 from the Vietnam War, and 80 from the USS PUEBLO incident.

Organizations cooperating with the VA are being asked to provide all pertinent information on their members who were POWs. The military serial number, social security number or VA claim number is especially important.

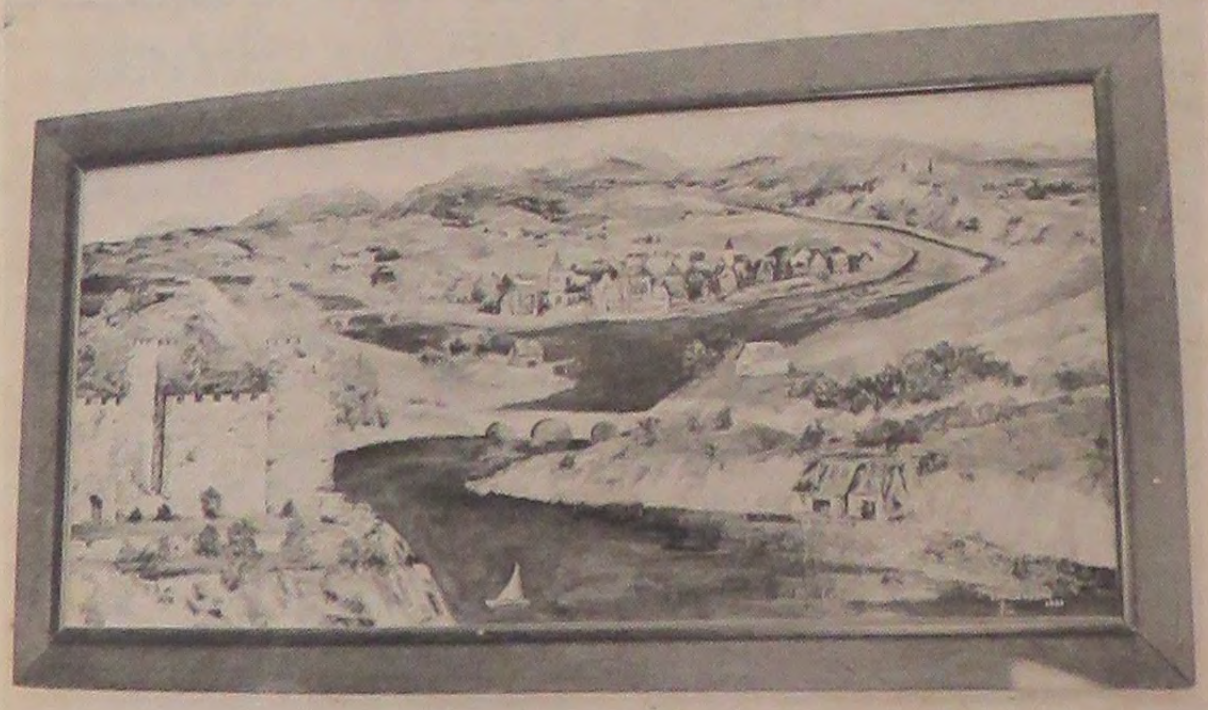
The VA plans to contact all veterans identified in this manner, to inform them of the details of the legislation and to answer any questions they may have.

The agency is also asking members of the public to advise any veteran they know who is a former POW of the new legislation.

Veterans benefits counselors at all VA regional offices have details of the new law, and will answer any questions concerning it. County service officers and service organization representatives may also be contacted.

The VA regional office in San Francisco is located at 211 Main Street (corner of Main and Howard).

Toll-free lines into VA regional offices may be found in the white pages of phone books under "U.S. Government."



MEMORIAL DONATION—This painting was donated to the Medical Center by Clark Vandenberg in appreciation for care given his wife, Hildegard. It is available for view in the Adolescent Clinic. Mr. Vandenberg has other works on display in local museums.

---Career Capsules---

Navy offers off-duty educational opportunities

By HMC G.L. Soileau
Career Counselor

If you are interested in advancing educationally while you are in the Navy, the are a number of opportunities available to you.

The Navy has a program enabling its members to complete a high school diploma and pursue a college degree. This voluntary educational program is called Navy Cam pus. Whether you are ashore or afloat, you can finish your high school educatio under the Navy High School Studies Program. And, if you would like to work toward a college degree, you can enroll in evening courses at your base, or take course while aboard ship.

For those of you stationed at NRMC Oakland, Navy Campus has arranged to bring college level courses to you during off-duty hours. Your Education and Training Department or Career Counselor can assist you in contacting the nearest adviso office.

The Navy will help pay for the cost of the education. For example, courses take to complete a high school diploma are free. If you have achieved a high school dip loma or equivalent, you can take college level courses and pay only part of the cost Under the Navy Campus Tuition Assistance Program, up to 75 percent of the co of college level courses are paid if you are an E-4 or below.If you are an E-5 or above and have less than 14 years of service, up to 90 percent of the tuition costs will b paid.

If you have any questions about what is available, or how to proceed, check wit Education and Training or the Career Counselor.

Navy plans to recruit more women

The Navy will continue with a planned increase in the number of female officers to 6,400 and enlisted women from the current 35,000 level to 45,000 by FY 1985. The increase supports Defense Secretary Caspar Weinberger's goal of expanding the role of women in the military and removing obstacles to fully utilizing their capabilities.

In a memorandum to all service secretaries, Secretary Weinberger said, "Women in the military are a very important part of our total-force capability. Qualified women are essential to obtaining the numbers of quality people required to maintain the readiness of our forces."

Bachelor COLA begins overseas

A bachelor cost of living allowance (COLA) for single and unaccompanied members in high cost overseas areas was included in Navy paychecks in January. The COLA gives members receiving government quarters and messing 47 percent of the without-dependents rate paid to single or unaccompanied members on separate rations.

The new allowance corrects a long standing inequity that denied single and unaccompanied members who live on base and eat in Navy messes any compensation for additional expenses incurred in overseas areas.

Warrant/LDO applications due

Applications from all E-7/8/9 personnel for appointment to Chief Warrant Officer (CWO) and Limited Duty Officer (LDO) are due at the Naval Military Personnel Command by April 1. First class petty officers, who must compete in the E-7 exam, have until May 17 to complete their applications.

Selection opportunity for FY 1983 is expected to be nine percent for LDO, 25 percent for CWO, and 26 percent for CWOs who apply for appointment to LDO LTJG.

Application procedures and eligibility requirements for both programs are listed in NMPC Notice 1120 of Dec. 30, 1981.

Assistants needed

Applications will be accepted through March 12 for two Operating Room Nursing Assistant positions in Oto/rhinolaryngology Service.

The GS-5 employees will assist physicians in providing diagnostic services and specialized medical and surgical care for disease and injuries in this specialized field. They will also perform scrub and circulating duties as member of a surgical team, and transport Indian Health Service patients to and from San Francisco Bay airports.

The assistants will accompany physicians to Indian reservations in the western states in connection with an otitis medical program agreement.

Interested applicants may receive more detailed information from Maurine Tinsley in Civilian Personnel Service, Ext. 2116.

Comings and Goings

"Fair winds and following seas" to the following personnel who have recently departed this command:

Lieutenant Roger Edwards, formerly of Pharmacy Service, to Okinawa.

Hospital Apprentice Ralph Finley, released from active duty.

Hospital Corpsman Second Class Tanya Hernandez to NRMC Guam.

Hospital Corpsman Second Class Brett Christensen, released from active duty.

Lieutenant Thomas Howe to NRMC Guam.

Hospital Corpsman Second Class Antonio Alvarez to NSHS San Diego.

Hospital Corpsman Third Class Jon Chamness to NAMI, Pensacola, Fla.

Hospital Corpsman Second Class Michael Hopkins, released from active duty.

Hospital Corpsman Third Class David Kitchen to NSHS San Diego.

Lieutenant Clarice Nash to NRMC San Diego.

Hospitalman Gerald Close to NSHS San Diego.

Hospital Corpsman Third Class Larry Shamblin to NAMI, Pensacola, Fla.

Dentalman Barry Walker to San Miguel, R.P.

Hospitalman Angelica Oliva to Alameda Branch Clinic.

Hospital Corpsman Third Class Alice R. Lambert to NRMC Rota, Spain.

Hospital Corpsman Second Class Treneader Horton to NRMC Hawaii.

Hospital Corpsman Third Class Carl Lindemann to El Centro, Calif., Branch Clinic.

Hospital Corpsman Third Class Frank Cruice to Naval Submarine Medical Center, New London, Conn.

Hospital Corpsman Third Class James Burrell to NNMC, Bethesda, Md.

Hospital Corpsman Third Class Robert Harrington to NRMC Bremerton, Wash.

Hospital Corpsman Third Class David Forde to Naval Support Activity, Diego Garcia.

Hospital Corpsman First Class Terry Roscoe to Quantico, Va. Branch Clinic.

Hospital Corpsman First Class Ronald Rhodes to USS SARATOGA (CV 60), homeported in Mayport, Fla.

Hospital Corpsman Third Class Clarence Sims to USS EMORY LAND (AS-39), homeported in Norfolk, Va.

Hospital Corpsman Third Class Michael Evans to NRMC Long Beach, Calif.

Hospital Corpsman Third Class Zigfrid Tomson to NAEC Branch Clinic, Lakehurst, N.J.

Hospital Corpsman Third Class Gregory Stephens to NRMC Orlando, Fla.

Hospital Corpsman Second Class Jerry L. Vernon to Marine Corps Air Station, 29 Palms, Calif.

Hospital Corpsman Third Class Allen B. Chackman to Quantico, Va. Branch Clinic.

Hospital Corpsman Third Class Mark McCormick, released from active duty.

Hospital Corpsman Third Class Gerald Lombardi to USS GUADALCANAL.

Hospital Corpsman Second Class Cynthia Dixon to NRMC San Diego.

Hospital Corpsman Third Class Christopher Strainbrook to NRMC Camp Pendleton.

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"Welcome aboard" to recently arrived:

Ensign Martha Ann Van Clief, Clinical Clerk.

Lieutenant Commander Peggy Coffman, Nurse Corps.

Captain David Wallin, Medical Corps, Clinical Investigation Center, ACDUTRA.

Ensign Frederick Martin, Clinical Clerk.

Ensign John Hudler, Clinical Clerk.

Hospitalman Junior Shepherd, Pharmacy Service.

Operations Specialist Second Class Christopher Martindale, Operating Management Service.

Hospital Corpsman First Class Lamberto Castello, Career Counselor's Office.

Hospitalman Recruit Lawrence G. Zamora, Nursing Service.

Hospital Apprentice Roger Cook, Nursing Service.

Hospital Apprentice Edwin Santa Maria, Nursing Service.

Hospital Corpsman Third Class George Firgas, PMT School.

Hospital Corpsman Second Class Dale Johnson, Medical Repair.

Hospital Corpsman Third Class Christopher Curtin, Nursing Service.

Hospital Apprentice John F. Payne, Nursing Service.

Hospitalman Anthony Keaton, X-Ray School.

Hospital Corpsman Third Class Gordon Rector, X-Ray School.

Hospital Corpsman Third Class William Threet, Preventive Medicine Service.

Hospital Corpsman First Class James M. Griffin, Medical Repair.



"I HAVE MIXED FEELINGS ABOUT OUR NEW SKIPPER—HALF FEAR, HALF PANIC!"

Kudos. . . .

Sustained Superior Performance Awards

Mr. Juroid DeVaull and Mr. Frank Crump, both of Food Management Service.

Letters of Commendation

Lieutenant Roger Edwards, Medical Service Corps

Hospital Apprentice Francis Rockefeller

Hospitalman Patrick Malone

Hospitalman Recruit Greg Marlatt

Hospital Apprentice Richard Kline

Hospitalman Recruit Edwardo De Los Santos

Hospital Corpsman Second Class John Sharretts

Civilian Length of Service Awards

35 Years

Richard Griffin, Supply Service

Mary A. Clay, Operating Management Service

30 Years

Juilet W. Fair, Supply Service

Henry Stuart, Public Works Service

Katherine S. Taylor, Patient Affairs

Catherine L. DeWald, Comptroller Service

25 Years

Doris K. Grant, Patient Affairs Service.

20 Years

Frank D. Kieffer, Occupational Therapy

Violet M. Burdock, Patient Affairs Service

15 Years

Shirley L. Brown, Nursing Service

Grace M. Mitchell, Outpatient Service

Virginia W. Willis, Nursing Service

Fred J. Baringer, Patient Affairs

Elva L. Knight, Supply Service

Rosalee O. Warren, Patient Affairs

Calvin D. Nuckolls, Operating Management Service

10 Years

Vergie M. Payne, Patient Affairs

Jerry L. Wilsford, Outpatient Department

Letters of Appreciation

Hospital Corpsman Second Class Charles Harman

Hospital Corpsman Third Class Sharon Sharretts

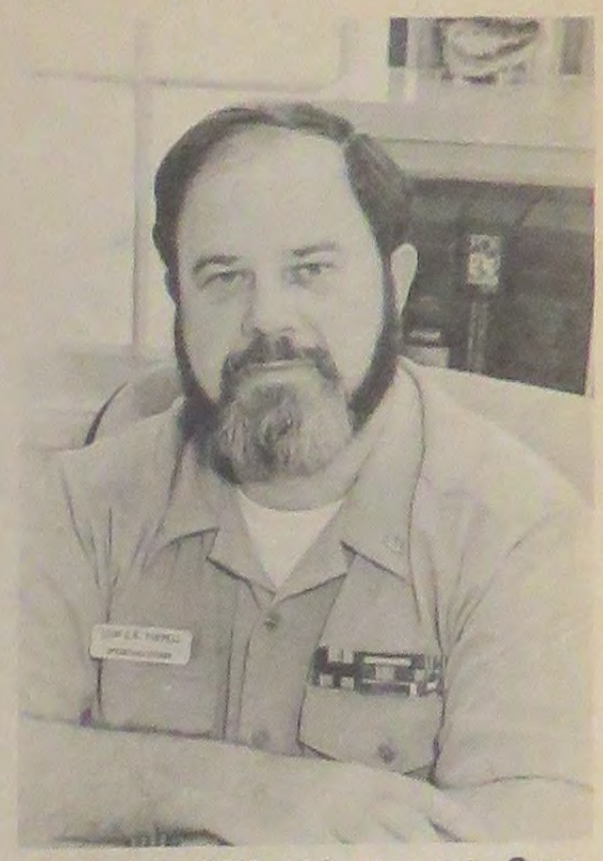
Reserve counselors sought for active duty

Fleet Reserve or selected reserve personnel previously designated as drug or alcohol counselors are being asked to volunteer for active duty. Personnel recalled under the program will be assigned to billets at Navy Regional Medical Centers and counseling and assistance centers in the Continental U. S. and overseas. The assignments will be for a minimum of two years.

Selected reservists applying for the duty must have a Navy Enlisted Classification (NEC) Code of 9519, Alcoholism Treatment Specialist, or 9522, Drug and Alcohol Abuse Counselor. Fleet Reserve personnel must have held the NEC at the time of their transfer to the Fleet Reserve.

Applications for these limited billet availabilities will be filled on a first-come/first-served basis. For specific billet availabilities, applicants may call Commercial (202) 695-9316, or Autovon 225-9316.

Applicants can obtain general information on recall to active duty by calling Commercial (202) 694-1823 or Autovon 224-1823.



APPRECIATED—Lieutenant Commander Gordon Poppell of Preventive Medicine Service has been commended by Rear Admiral Paul T. Gillcrist, Commander, Naval Base San Diego, for his role in evaluating Pacific Fleet dining facilities for the annual Ney Memorial Award competition. In a recent letter of appreciation to the Naval Regional Medical Center Oakland officer, RADM Gillcrist said, "The competition was strong among the activities, but in the course of your evaluation visits, you conducted on-site training, assisting in the improvement of food service operations and increasing patron satisfaction.

Operating School graduates seven

Seven members of Operating Room Technician School Class 81005 graduated in ceremonies here last Friday.

Completing six weeks of didactic instruction on aseptic technique and 20 weeks of clinical experience were: Hospital Corpsmen Third Class George R. Chadwell, Catherine L. Clampitt, David A. Foster, Ann M. Walters and Jeff J. Walters; and Hospital Apprentices Timothy C. Durrett and Louis R. Ronzitti. New duty stations are: Chadwell, USS CAPE COD; Clampitt, NRMC Beaufort, S.C.; Durrett, Naval Hospital, Lemoore, Calif.; Foster and Ronzitti, NRMC Jacksonville, Fla.; Ann Walters, NRMC Portsmouth, Va.; and Jeff Walters, USS IWO JIMA.

Specialty students who were with the class during the first phase of training were DT3 Reuben K. Bideshi of Dental Service and HN Karen L. Wheeler of Urology.

Navy announces 'Upgrade 82'

"Upgrade 82," which allows commanding officers to discharge "those few individuals who routinely migrate between unsatisfactory and marginal performance," has been authorized by Chief of Naval Operations, Admiral Thomas B. Hayward.

The new program is based on the "unqualified success" of last year's upgrade. It increases the time officers and enlisted leaders will be able to spend with the majority of their men and women, thus improving morale and command readiness.

Commanding officers may discharge, for the convenience of the government, those few individuals who are no longer deserving of further counseling, guidance or command attention. The character of the discharge will be as warranted by the individual's record.

Details of the program were promulgated in a Jan. 16 message from the CNO to commanding officers.



NEW DONOR CENTER—Rear Admiral Walter M. Lonergan, Commanding Officer, and several of his staff were present for recent official ribbon-cutting ceremonies opening a new Blood Donor Center on the fourth deck. Here Commander John Compagno (left) explains center operations to Rear Admiral Lonergan, Captain Philip J. Vogt, Commander Frank Fisher and Captain Richard W. Poley. The center is now open from 9 a.m. to 8 p.m. on Wednesdays, and from 2 to 8 p.m. on Mondays, Tuesdays, Thursdays and Fridays. The next blood drive on base will be held March 9-10.

USS GUAM medics, crewmen save Yugoslavian seaman's life

A medical rescue effort by a team from USS GUAM (LPH 9) saved the life of an injured Yugoslavian seaman near New Orleans, La., on Feb. 9. The Norfolk-based amphibious assault ship was enroute from its homeport to New Orleans when it received a message notifying it of a medical emergency near its position.

A machinist on the Yugoslavian freighter UCKA had his left leg crushed by a main engine piston and was rapidly losing blood. Bad weather in New Orleans had delayed the launch of the land-based primary rescue helicopter, and GUAM'S Commanding Officer, Captain A.W. Weseleskey, after consulting the ship's medical officer, felt further delay in treatment would probably be fatal.

GUAM launched its UH-1N helicopter, "Astro Niner," with the ship's doctor, **Lieutenant Ira Knepp** and **Corpsmen Third Class R. Roberts** and **A.J. Carotenuto** onboard. With directions through the rain and fog provided by GUAM's Combat Information Center, Astro Niner's pilot, Commander Charles McLaughlin and co-pilot, Commander Buck Carlton, found the UCKA near its reported position. The doctor and corpsmen had to be lowered by hoist to the small ship, where they quickly administered intravenous fluids to replace lost blood. During this time, a U. S. Coast Guard HH-3 helicopter arrived on the scene. It hoisted the injured man and medical team off UCKA's deck and returned to GUAM. The landing was the second ever made by the Coast Guard crew on a ship of GUAM's type.

Whole blood, which GUAM does not normally carry, was needed to replace that which the freighter crewman had lost. An announcement was made to GUAM's crew and 47 men volunteered their blood. After his wound was dressed, the Yugoslav was flown to a New Orleans hospital by the Coast Guard helicopter, where doctors were able to save his leg.

Rear Admiral W.H. Steward, Commander, Eighth Coast Guard District, praised GUAM for the quick action. He also relayed the appreciation of the master of the UCKA, and called GUAM's "can do" spirit "commendable and typical of Navy tradition." Vice Admiral James A. Lyons, Jr., Commander, Second Fleet, echoed the praise, and said GUAM's assistance was "in keeping with the finest time-honored traditions of the sea."

Protect them from harm

Immunize Now Against These Dangerous Diseases



POLIO
MEASLES
MUMPS
RUBELLA
DIPHTHERIA
TETANUS
PERTUSSIS

Top killers identified

Heart disease and cancer are the two leading causes of death in the United States, according to the National Center for Health Statistics, U. S. Department of Health and Human Services.

In order, the 10 leading causes of deaths in the United States are:

1. **Heart disease.**
2. **Malignant neoplasms (cancer).**
3. **Cerebrovascular diseases (strokes).**
4. **Accidents.**
5. **Influenza/pneumonia.**
6. **Diabetes.**
7. **Cirrhosis of the liver.**
8. **Arteriosclerosis (hardening of the arteries).**
9. **Suicide.**
10. **Certain causes of mortality in early infancy.**

MED • SCAN

A quick look at recent health care developments

It may be small consolation to the hittee, but the hitter's fist may suffer as much damage—or more—**as the jaw he socked.** If the fist connects with the teeth according to *Emergency Medicine,* then the resulting lacerations are potentially the most serious of all bite wounds. And even the most innocuous-looking clenched fist injury may conceal finger fractures, tendon lacerations and joint problems that can in time lead to permanent disablement. The problem is that these wounds are usually on the hands of young men who too frequently dismiss them as inconsequential. They expect that the wounds will heal themselves, but too often the neglect leads to serious problems.

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Fetal Alcohol Syndrome (FAS) **is a specter threatening the well-being of a frightening number of as yet unborn children in the U. S.,** according to a review article in the *Journal of the American Dietetic Association.* Surveys indicate that no less than 70 percent of pregnant women drink some alcohol. Although it can't be said exactly how much alcohol is damaging to the fetus, recent studies of women who drank one or more ounces of alcohol per day indicate that there is decreased intrauterine growth of the fetuses and some malformation like that of FAS. The symptoms of FAS include abnormally small head, small jaws and eyes, impaired intellectual development and poor coordination, and growth patterns well below the normal. Studies have shown that a woman can have a healthy baby if she stops consuming alcohol before conception. Although the mechanism by which alcohol causes these malformations is not known, it is irrefutable that alcohol is the cause of them.

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To the news media and to concerned citizen groups, **Love Canal (Niagara Falls, N. Y.) became the symbol of wanton abuse of the environment with consequent disastrous effects on humans.** Toxic chemicals had been buried in the area and then, years later, homes had been built on the site. The **fear was that the contaminated soil would cause a high rate of cancer** among the residents of the area. A study published in *Science* using data from the New York Center Registry from 1955 to 1977, reveals that **the incidence of cancer among the residents is no greater than for the rest of the state.**

• • •

"Eating for two" has gained new meaning as obstretricians find that undernutrition of the pregnant woman may harm the developing unborn baby more than previously suspected. Researchers report in an article in the *Canadian Medical Association Journal* that if the mother's weight is below 100 percent of the ideal for her then it can be expected that the fetus will not prosper as it should, and after birth the new-born of severely malnourished mothers show impaired learning ability and abnormal responses to stimuli. Malnourished mothers have babies of low birth weight, and it has been found that new-born deaths and poor neurological development are all related to birth weight.

• • •

Epidemic typhus, which caused millions of deaths in the Balkans and Eastern Europe between the world wars, **has recently been reported with increased frequency in the eastern United States.** The carrier for this relatively rare disease is a uniquely talented mammal, the flying squirrel. According to an article in *Emergency Medicine,* **the southern flying squirrel is a host for the disease,** which is apparently transmitted to humans through fleas which will bite both squirrels and humans. The epidemiologists were led to the conclusion that it was the flying squirrel by trapping the animals living near the homes of patients suffering from typhus. Only the southern flying squirrel was found to have had typhus. **Once diagnosed, patients respond quickly to either of two drugs.**

Hay fever got ya? (You're not alone!)

Ah-choo!! Ragweed and other spring plant pollens are busy at work. Noses are running. Eyes are red and watery—another allergy season is upon us.

Not all allergies are caused by the changes in seasons, since your body can react abnormally to air, plant, insect, food and drug pollutants, or even to a sudden change in temperature. The most common allergy symptoms are watery eyes, stuffy nose, itchy skin and hives. In some cases, allergic reactions can cause headaches, upset stomachs or asthma attacks. Most allergies can make you feel like you're at the end of your rope, but they are seldom fatal. Two exceptions to this rule involve allergic reactions to particular drugs and insect stings.

Because allergies seem to be inherited, they can stay with you for life. But in many cases, with proper treatment, people who have allergies can lead normal, symptom-free lives. Proper treatment begins with finding out what substances adversely interact with your body chemistry. Once the doctor has discovered what you are reacting to, he or she may prescribe specific medicines or diets to relieve or stop the allergic reaction. There are also "allergy shots"—injections that help reduce or prevent allergic reactions to various pollens and insect venoms. Of course, if you avoid the cause of your allergy, you will also avoid its reactions. That might mean staying in an air-conditioned room during "high-allergy" periods or "decontaminating" the rooms of your house by removing items that are quick to gather and hold dust.

For more information on allergies, write the Consumer Information Center, Department 590G, Pueblo, Colo. 81009 for a free National Institute of Health fact sheet entitled, "Qs and As About Allergies."

Dental topic next in health program

The fourth presentation in NRMC Oakland's *StayWell* program is scheduled for 1 p.m., March 18, in the third floor classroom opposite the Clinical Assembly.

Lieutenant Commander Hubert E. Morris of Dental Service will address the subject of "Preventive Dentistry."

All staff and patients are encouraged to attend.

Daddy's quit hunting

Bye, Baby Bunting,
Daddy's gone a 'huntin'...

Baby Bunting came into the world at Oak Knoll on Feb. 19, the daughter of Data Systems Technician First Class William C. Bunting of Naval Air Station Alameda and his wife Terri Elaine.

When we joked with the new father about the old nursery rhyme, he said, "It doesn't apply to me. I've got my daughter now and I'm not going to hunt anymore!"

Medications and driving: s it worth your life?

By JO3 Joy Payne

Yearly, thousands of highway aths are attributed to the misuse and buse of drugs while driving. Millions of mericans take drugs daily and don't alize that drugs can affect their driv- g ability. Alcohol, tranquilizers, mari- ana—or any other mind altering ug—affects the mental and physical ills a person needs to drive. Even ne over-the-counter medicines can ffect driving skills.

Most people are aware that drinking nd driving don't mix, but few realize at many so-called household drugs e just as dangerous.

Tranquilizers are commonly misused rugs. These are central nervous stem depressants which help relieve nsion and anxiety. For example, con- der diazepam (Valium), the most ommonly prescribed tranquilizer.

Studies have shown that even small oses of diazepam can slightly impair sychomotor skills, thus slowing reac- on time, interfering with eye-hand oordination and affecting the speed at hich the brain processes sensory nformation. Driving simulator tests how that persons on diazepam are omewhat less likely than others to heck roadway conditions.

Sleeping pills are another type of ranquilizer that are often misused. Studies show that flurazepam Dalmane), the most commonly rescribed sleeping pill, accumulates in he body and that its residual effects mpair driving skills. When test subjects rank alcohol after only a single night's ose of flurazepam, their skills became ighly impaired.

Other sedative-hypnotic drugs, ncluding barbituates, are powerful depressants that calm people down or help them sleep. Sleepy or over- sedated drivers are dangerous drivers nd risk not only their lives but the lives f other drivers.

Stimulants—amphetamines, cocaine and caffeine—stimulate the central nervous system. Modest amounts of stimulants under a doctor's prescription are used to make people feel more alert. However, studies and actual driving records show that people who use stimulants such as amphetamines are slightly more accident prone because they are inclined to overestimate their ability and take more risks.

Hallucinogens and PCP distort judgment and reality, cause confusion and panic and can produce psychotic-like reactions. After the use of hallucinogens, a person may also experience depression and tremors which could severely impair driving skills and judgment.

Marijuana research has shown that even small amounts can affect concentration, judgment, and the sensory and perceptual skills needed for careful driving. The drug slows coordination and dulls reflexes that normally may be needed to prevent an acident. Simulator studies have also shown that subjects on marijuana have trouble staying in lanes and do not readily respond to a horn's warning sound.

There are many over-the-counter drugs which produce reactions that can affect a person's driving. Always read the label and stay away from drugs that cause drowsiness or promote sleep—such as cold preparations—if you have to drive.

People are different; so are drugs.

Any drug you take might impair your ability as a driver. If you take one drug or if you mix several drugs, the result can still be the same: DISASTER!

Safe driving always requires an alert eye, a clear head and a steady hand. **(NES)**



VALENTINE'S DAY GIFT—Members of the Blue Birds Rainbow Club of Piedmont baked cookies for Oak Knoll patients and delivered them to the hospital on Valentine's Day. Receiving the gift in behalf of the medical center is Officer of the Day, Ensign Deborah Prekker. Third grade cookie-makers shown are (l to r) Diane McDonald, Elizabeth MacDonald, Danielle Nelson, Betsy Sanford, Christine McPhee and Michelle Redford.

Navy to develop geothermal field

Discovery and plans for utilization of a major new geothermal field at the Naval Weapons Center, China Lake, Calif., were recently announced by Navy Secretary John Lehman. A well, drilled by the California Energy Company of Santa Rosa, under contract with the Navy, successfully yielded dry steam. A second well to confirm and test the discovery is now being drilled.

A geothermal resource is created when the heat of the earth's inner core intensely heats water in faults near the earth's crust. When tapped, this produces either dry or wet steam at temperatures and pressures sufficient to drive turbines to produce electricity.

It is estimated that the geothermal plant will produce the energy equivalent of 150 million gallons of fuel oil over a 30-year period.

Commercial development of 10 percent of the resource is being undertaken on terms compatible with the weapons center's mission. The contractor will complete evaluation of the resource and operate a power plant at no capital cost to the Navy. The Navy will receive electricity at a guaranteed rate no greater than 95 percent of the commercial electric rates.

Gad, Maude! It's alive and in our closet

How would you feel about a primitive life-form quietly munching away at the things in your closet? It happens all the time, and it's called mildew.

The first thing you should know about these musty-smelling blotches is that they're alive.

Because they're alive, they need to eat. And one of the items in their diet is almost any kind of dirt. So if you store clothes when they're soiled, you're extending an invitation to mildew.

Mildew also requires a fair amount of moisture. If the air in your home is damp, that's another way you're making it easier for the molds that are called mildew to survive. A dehumidifier can be an effective weapon.

Finally, to remove mildew, remember that you have to kill the growth. Brush off the damaged article outdoors, so that the microscopic spores which reproduce the mildew are not scattered around your home. Clean the item, and then give it a thorough sunning and airing.

Did your spouse help you obtain pro degree?

By LCDR Mark Dawson
Staff Judge Advocate

There is a growing trend toward treating the value of a professional degree as marital or community property to be divided when the marriage is dissolved. In the most typical case, the wife has made sacrifices to put her husband through medical school, law school, or a similar postgraduate training program. Soon thereafter, the husband files for a divorce. It used to be the law that the professional degree, and the earning potential it represents, was the husband's personal property. This appears to be no longer the case.

In the case of *In Re Sullivan,* decided very recently in a California court of appeal, the court held that a wife who put her husband through medical school could share in his future earnings, or at least be entitled to a reimbursement of the costs of education to the community. There are similar decisions in Massachusetts, Minnesota, and New Jersey, and more are expected.

The law is still unsettled, but it appears the amount of the non-degreed spouse's interest will depend upon the circumstances surrounding the training, and the amount of time since it was completed. Additionally, the method of measuring the value of the degree to the marriage has not yet been made clear. The more conservative approach would be to award as a reimbursement the actual expenses of securing the education. A more liberal approach would be to entitle the non-degreed spouse to a share in future earnings or a share of the prospective income value of the degree.

Vets ask

Q—I am a widow of a Korean War veteran who died as a result of a service connected disability before using his GI home loan entitlement. Am I eligible for this benefit?

A—Yes. If not currently married, widows of veterans of World War II and later periods who died of service connected causes are eligible for this benefit.

• • •

Q—If I encounter legal difficulties while purchasing a home using the GI Bill, will the Veterans Administration pay or provide for any legal assistance I may need?

A—No. The VA does not pay or provide for any legal assistance a veteran may need to deal with troubles encountered in the purchase or construction of a home.

BIRTHS



The following additions to the medical "family" have arrived at Oak Knoll:

A baby boy to Hospitalman Raul A. Sobero, 8 South, and his wife Irma, Feb. 13.

A baby boy to Hospital Corpsman Second Class Melvin G. Fabian, Alameda Branch Clinic, and his wife Cynthia, Feb. 14.

A baby girl to Lieutenant (junior grade) Kevin J. Marty, 7 West, and his wife Janet, Feb. 22.

Correction in date

Last issue carried an erroneous date for the birth of a little girl to Hospital Corpsman Third Class Keith B. Lambert, Preventive Medicine Technician School student, and his wife Pamela Kay.

Their daughter was born at Naval Regional Medical Center Oakland on Jan. 23, instead of Feb. 2 as previously published.

SPRING MEANS IT'S TIME TO CLEAN



EENT leads in basketball

EENT continues as the unbeaten league leader in intramural basketball.

Games played Feb. 25

Medicine maintained a secure lock on second place with the victory over OPD. K. Williams and M. Terry combined for 48 points in the 68-54 win, each scoring 24.

Special Services continued its win streak with a wide edge over Anesthesiology, 45-34. C. Booker lead the victors with 14 points.

MSC stayed in the thick of the playoff hopefuls with a victory over last place ARS, 76-49. C. Drakeford lead the MSC team with 20 points. J. Johnson contributed 14 for the losers.

Standings thru 2/24/82

Team	Wins	Losses	Pct.
EENT	13	0	1.000
Medicine	11	2	.847
Special Services	9	4	.693
MSC	7	6	.539
OPD	7	6	.539
Anesthesiology	6	7	.462
NP	5	8	.385
Med Repair	3	10	.231
All Stars	3	10	.231
ARS	1	12	.077

The playoffs are scheduled for April. There is still time to come to the games and root for the team of your choice. Win or lose, the teams appreciate your support.



FASTER THAN SPEEDING BULLET—Seamore the sea lion literally flies through the air as he flees ghosts and goblins at the "Spooky Kooky Castle." This new Seal and Otter Show runs daily at Sea World of San Diego. Department of Defense employees and their dependents will receive a 30 percent discount on admission during Military Spring Fling, April 3-18. Coupons are available only at military recreational services offices in Southern California.

Interservice basketball meet hosted by NAS Alameda

All-star basketball teams from the Navy, Army, Air Force and Marine Corps will vie for the nation's military championship March 9-12 at the Naval Air Station, Alameda.

The 21st annual Interservice Basketball tournament represents the best of the Armed Forces teams. The opening game pits the Navy against the Army. Pre-game ceremonies begin at 6:30 p.m., competition starts at 7 p.m.

Two games are scheduled each night, March 9-10, at 7 and 9 p.m. On March 11, three games are scheduled for 1, 7 and 9 p.m. Depending on the outcome of previous competition, the final match will be held at 9 p.m. March 11, or 6 p.m. March 12.

In the 21-year history of the Interservice Tournament, the All-Army team has grabbed 19 wins and the Air Force, two.

Recent Interservice Tournament participants who have achieved basketball fame elsewhere include Eddie Smallwood, Harlem Globetrotters; Terry Dischinger, Detroit Pistons; Mike Silliman, New Orleans Buccaneers; Garfield Heard, Virginia; and Darnell Hillman, Phoenix Suns.

Admission to the Interservice Basketball Tournament at NAS Alameda is free and open to the public. March 9 is Cap Night, and the first 100 youngsters 12 years of age and under will receive a free Interservice Basketball Tournament cap.

For general information on the 1982 Interservice Basketball Tournament, call 869-4752.

MOVIES

Friday, Mar. 5, 6:30 p.m.—TRUE CONFESSIONS—Robert De Niro, Robert Duvall—Drama/R/114

Saturday, Mar 6, 1 p.m.—RETURN FROM WITCH MOUNTAIN—Bette Davis, Christopher Lee—Comedy/G

Saturday, Mar. 6, 6:30 p.m.—NINE TO FIVE—Jane Fonda, Lily Tomlin, Dolly Parton—Comedy/PG

Sunday, Mar. 7, 6:30 p.m.—THE GOOD, THE BAD AND THE UGLY—Clint Eastwood, Lee Van Cleef—Western/PG

Monday, Mar. 8, 6:30 p.m. —OH GOD, BOOK II—George Burns, Louanne

Tuesday, Mar. 9, 6:30 p.m.—RAGGEDY MAN—Sissy Spacek, Eric Roberts—Drama/R

Wednesday, Mar. 10, 6:30 p.m.—THE MAN WHO SAW TOMORROW—Orson Wells, Docu-Drama/PG

Thursday, Mar. 11, 6:30 p.m.—HELL NIGHT—Linda Blair, Vincent Van Patten—Horror/R

Friday, Mar. 12, 6:30 p.m.—LITTLE DARLINGS—Tatum O'Neal, Kristy McNicol, Comedy/Drama/R

Saturday, March 13, 1 p.m.—BEDKNOBS & BROOMSTICKS—Angela Lansbury, Roddy McDowell—Fantasy/G

Saturday, Mar. 13, 6:30 p.m.—KELLY'S HEROES—Clint Eastwood, Telly Savalas—Comedy-Drama/PG

Sunday, Mar. 14, 6:30 p.m.—GLORIA—Gena Rowlands, Buck Henry—Action/R

Monday, Mar. 15, 6:30 p.m.—BATTLE BEYOND THE STARS—Robert Vaughn, Richard Thomas—Space/PG

Tuesday, Mar. 16, 6:30 p.m.—BACK ROADS—Sally Fields, Tommy Lee Jones—Comedy-Drama/R

Wednesday, Mar. 17, 6:30 p.m.—HALLOWEEN II—Donald Pleasence, Jamie Lee Curtis—Horror/R

Thursday, Mar. 18, 6:30 p.m.—THE BULLET TRAIN—Ken Takakura, Shin Ichi Chiba—Drama/R

(Editor's Note: The two movies usually shown one after the other on Saturdays have been split into matinee and evening features on a trial basis. If response is good, the split schedule will continue.)

April 15th FEDERAL INCOME TAX DEADLINE

Driver's license still valid?

You in the military who may be carrying around a driver's license under the assumption that it is still valid, **take note:**

The following states automatically extend drivers' licenses for people on active duty. The license is valid for the number of days shown following one's discharge: **Arizona**-90 days; **California**-30 days; **Colorado**-90 days; **Minnesota**-90 days; **Montana**-30 days; **Nebraska**-60 days; **New York**-180 days; **New Jersey**-90 days; **North Dakota**-30 days; **Ohio**-180 days; **Pennsylvania**-45 days; **South Dakota**-30 days; **Tennessee**-60 days; **Texas**-90 days; **Utah**-90 days; **Washington**-90 days; **West Virginia**-180 days; **Vermont**-30 days, or four years after the original expiration date, whichever comes first.

The license is valid in **Indiana** for 30 days, or for the first four years (whichever comes first), and the **Virginia** license must be extended four years after original expiration date, or returned to the state.

These states issue extensions upon proper application: **Arkansas** (first tour of duty only), **Illinois, Maine, Rhode Island,** and **Wyoming.**

The following states do **not** allow extensions. However, license renewals may be obtained either in person or by mail: **Alabama, Alaska, Connecticut, Delaware, Florida, Georgia, Hawaii, Idaho, Kansas, Kentucky, Louisana, Michigan, Mississippi, Missouri, Nevada, New Hampshire, New Mexico, North Carolina, Oklahoma, Oregon, South Carolina, Wisconsin** and the **District of Columbia.**

Iowa is the only state which extends dependent drivers' licenses; such extensions may be obtained for a maximum of five years. **(NES)**

Fishing update

The East Bay Regional Park District furnished the following up-to-date information on fishing in nearby waters:

- **Lake Chabot:** High, muddy water, but a few trout being taken. Plant of 2,500 made last week.
- **Antioch Pier:** Only real action has been an occasional "keeper size" striped bass.
- **Contra Loma (Antioch):** A few nice sized catfish being caught by hardy anglers using anchovies or chicken livers for bait.
- **Cull Canyon:** Some lunker catfish and panfishes are known to inhabit reservoir but little recent fishing activity observed.
- **Del Valle (Livermore):** Trout action very good to excellent. The favorite fishing hole is at or near the creek inlet to the lake at the south end.
- **Lake Temescal (Oakland):** If weather allows the lake to settle and water to clear, trout action could become "hot" here. Try marshmallow egg baits or worms.
- **Point Pinole (Richmond):** Keeper sized sturgeon at the rate of one per day, plus a good quantity of starry flounders have rewarded hardy anglers.

IRS TAX TIPS

On Tax Credits

■ Tax Credits are amounts you can subtract directly from the tax you owe, thereby reducing the amount of your tax on a dollar-for-dollar basis.

■ Earned Income Credit—If you had less than $10,000 of total income and have a child, you may be able to claim this credit *if* you file as married filing jointly or as head of household.

Check your tax instructions for details.

U.S. Government Printing Office
1979-33235-689-150/23

IRS TAX TIPS

For Single Taxpayers

■ If you maintained a home for a parent, child, or other relative, you may be able to file as Head of Household and pay less than filing as a single taxpayer.

■ If you pay for the care of your child or a disabled dependent so you can work, you may be able to claim a credit up to $400 if you have one qualifying dependent, or up to $800 if you have two or more qualifying dependents.

■ If your income for 1981 is more than your average income for the past four years, try "income averaging." It could save you money. See Schedule G, (Form 1040,) Income Averaging.

Vol. 44 No. 6

the Oak Leaf

NAVAL REGIONAL MEDICAL CENTER. OAKLAND. CALIFORNIA.

Friday, March 19, 1982

A gift for Oak Knoll

Parcourse cluster to offer fitness for all

By LTJG Scott Marsh

It was a while coming, but Oak Knoll finally has its Parcourse, to be officially turned over to the command on March 26 in ribbon-cutting ceremonies that afternoon.

The 18-station complex located near the Swimming Pool, is the gift of the California Bowlers Association, and will be available both to personnel and patients seeking physical fitness.

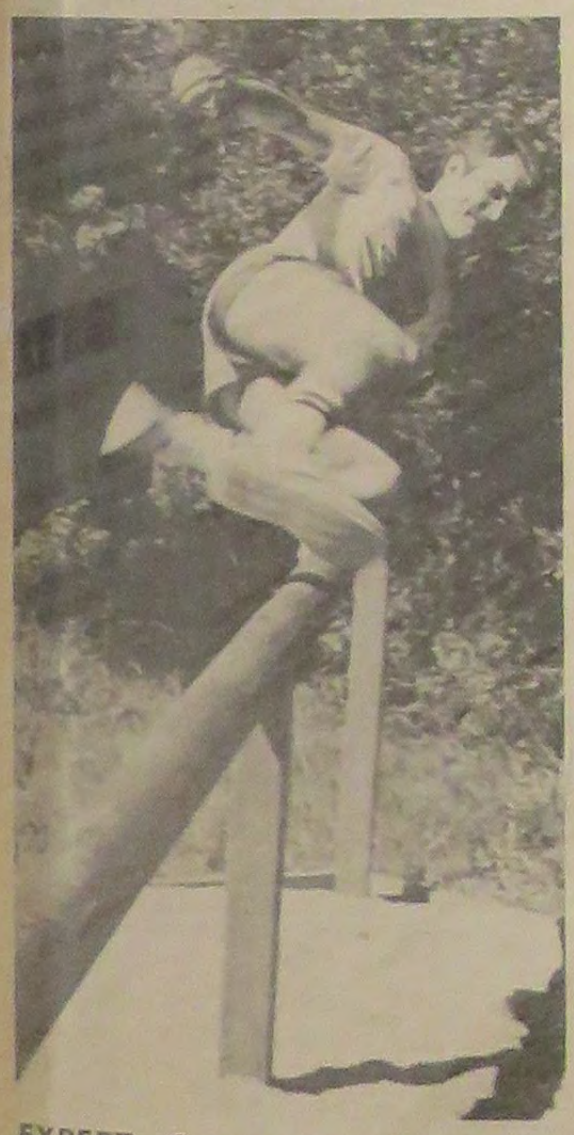
This country is presently experiencing an awareness of physical fitness unlike any that has taken place in our history. Unfortunately, most Americans have not been educated about the basic fundamentals of fitness, and the problem has been compounded by popular claims that total fitness can be achieved with little work, and even without sweating.

The Parcourse Fitness Circuit has gone beyond running, and should alleviate the monotony often associated with that exercise. The 18 stations of the Parcourse systematically go through the entire body. Each exercise isolates particular muscle groups, and the exercises are placed in sequence to provide the correct balance. The overall layout and the individual exercises are based on research with National Athletic Health Institute physiologists and sports medicine experts.

The concept is a significant move away from the "big muscle" theory of exercise. You don't have to be muscular to be physically fit, or to feel good. The course provides a warm-up and stretching group, a strengthening and toning group, a cardiovascular conditioning group, and a stretching and cooling down group. A "heart check" station is included with the exercise through the course at regular intervals to monitor your heart rate and ensure that you are exercising at a pace that is exactly right for your level of fitness.



STRETCH—Stretching is important at the beginning and end of the workout. Ensign Katherine A. Douglass of Physical Therapy demonsrates the proper leg stretch technique.



EXPERT—Commander Thomas P. Dresser of Nuclear Medicine shows championship skill while vaulting the bar.

All of the stations have pictures and charts to explain the method of properly performing the exercise and the pulse check. The course does more than exercise the participant—it also educates by showing the exerciser exactly which muscles are being conditioned at that particular station and whether they are being stretched or strengthened.

Because the program is self-guided, it requires no supervision or any other equipment or partners to participate. Your level of fitness is based on par for the number of repetitions for that exercise. Regardless of size, sex or ability, each participant is offered a wide range of challenge by the specially designed apparatus.

What most people lack is the motivation to start. People who exercise realize that they do feel better with regular exercise; their endurance

(Continued to Page 5)



FIRST SALUTE—LTJG Scott A. Marsh returns the salute of SA Diane Cannavo shortly after Marsh became commissioned in the Medical Service Corps. Following through with Navy tradition, the new officer autographed and dated a $1 bill, and passed it to Diane, the enlisted member who rendered the first salute. (Story and more photos on the former HM2 who was commissioned, Page 3.)

Trauma training symposium slated at Oak Knoll tomorrow

The Naval Regional Medical Center Oakland and Reserve Readiness Command Region 20 will co-sponsor a Trauma Symposium in the Clinical Assembly tomorrow. Active and reserve Medical, Dental and Nurse Corps Officers are invited to attend to review and update management of multiple injuries in a field situation.

The program scenario is of a military transport loaded with a combat ready marine brigade which crash lands in a small civilian community. The crash is followed by fire and munition explosions.

Invitees from as far away as St. Louis are signed up to attend, including one of three reserve admirals. Another will attend from Michigan State University.

Captains W. W. Hodge, MC, USN, of our command, and E.A. Novak, Jr., MC, USNR-R, are the course moderators. Faculty members include NRMCO's CAPT Richard R. O'Reilly, MC; LCDR Suzanne M. Norton and LT Elaine M. Scherer, NC; and medical reserve officers CAPT Larry O. Goldbeck, CDR Steven C. Gibbs and LCDR Michael S. Baker. CDR William W. Farrell, reserve dental officer, is also participating as an instructor.

Continuing education credits of seven units for the medical and six and a half for the dental officers will be offered to the more than 180 anticipated attendees.

Active duty personnel must be in the uniform of the day. Registration begins at 7:30 a.m., but advance sign-up may be made today with Mary Takai, Office of the Director of Clinical Services, Ext. 2451.



PULL-UPS—The rings can be a real challenge. Ensign Douglass (left) watches as Hospital Corpsman First Class Joyce Burris, also of Physical Therapy, performs a pull-up.

EDITORIAL

COUNTERFEIT!

A counterfeiter knows that perfect counterfeit currency—paper money that would fool an expert—is almost impossible to make, so he adopts a more modest objective: he relies on his camera to produce work that will deceive an inattentive person.

Can you spot a counterfeit bill? Perhaps the following suggestions from the United States Secret Service will help:

- Study genuine currency. Look closely at the workmanship of the portrait, seal, serial numbers and scroll work.
- Paper used in genuine currency is of very high quality. Small red and blue threads are in it, but may not be visible if the bill is badly worn or dirty. Counterfeit money may feel different, or may be whiter than genuine bills. Threads may be imitated by fine red and blue lines made by a pen.
- Rubbing a bill on a piece of paper is *not* a good test. Ink can be rubbed off genuine as well as counterfeit notes.
- If in doubt, consult an experienced money handler—a bank teller, for example.
- If YOU get a counterfeit bill:

—write your name and the date on the back of it, so you can identify it later.

—write down all the details about how you got it: WHO gave it to you. WHERE you got it. WHEN you got it.

—contact the nearest U.S. Secret Service office, the local police, a commercial bank, or any Federal Reserve Bank.

Anyone convicted of passing a counterfeit note may be fined as much as $5,000 or imprisoned for up to 15 years, or both.

PORTRAIT

Genuine

Stands out sharply from background. Eyes appear lifelike. Background is a fine screen of regular, unbroken lines.



Counterfeit

May merge with background. Eyes, etc., may be dull or smudgy. Background may be dark, with some irregular and broken lines. Face may seem unnaturally white.

SEAL

Genuine

Saw-tooth points around rim are even and sharp.



Counterfeit

Saw-tooth points may be uneven, blunt, or broken.

SERIAL NUMBERS*

Genuine

Figures are firmly and evenly printed, well spaced. On Federal Reserve Notes, prefix letter always agrees with District letter in seal.

(Counterfeit)

B 86733513 A

(Genuine)

F 93310058 A

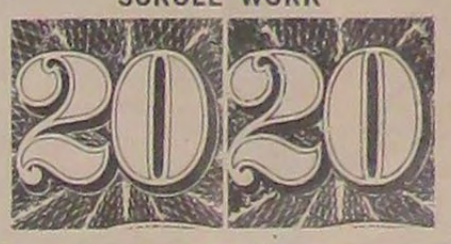
Counterfeit

May be out of line, poorly spaced, printed too light or too dark. Prefix letter may not agree with District letter in seal.

SCROLL WORK

Genuine

Fine crisscrossing lines are sharp and unbroken.



Counterfeit

Lines may be blurred and are often broken.

*Although shown in black here, serial numbers on Federal Reserve Notes, the most common type of U.S. paper money, are in green. Serial numbers on United States Notes are in red. Treasury regulations prohibit reproduction of these portions of currency in color.

We need each other

Financially, last year was a banner year for naval service personnel. Congress voted you the largest pay raise in years. For the first time in nearly a decade your increase in pay and allowances exceeded the national inflation rate. Your vital contribution to our nation's security was tangibly recognized by the substantial increase in sea pay, a recognition of the hardships you endure to protect our freedom. A grateful nation said "thank you," in real money.

There still are times however, when military pay just can't cover the special circumstances of military living. Life and death emergencies occur when you are far from home. PCS transfers wreak havoc with the most carefully planned budget. Medical bills, home fires, car repair bills, thefts of paychecks, even pay problems occurring through no fault of your own, can and do tax your ingenuity and finances.

That is the reason for the existence of the Navy Relief Society—the Navy and Marine Corps' own self-help organization. For 78 years you have donated to Navy Relief to help in their time of need both active and retired members of the Navy and Marine Corps as well as their dependents, or survivors.

1981 was again, your year. You contributed $5.5 million. Your help enabled the Society to provide about $12 million in financial assistance (interest-free loans or grants) to 56,000 eligible personnel. Another hundred thousand of your peers received free layettes, visiting nurse services, budget counseling, child care in hospital-affiliated Children's Waiting Rooms, and other types of personal service.

Your Society, through the 3,000 volunteers whom you provide to our branches, auxiliaries and shipboard offices around the world, uses your donation to help those in need. Navy Relief does not, and should not, subsidize those who are unwilling to adjust their standard of living to their income. But the Society will hold to its course of providing assistance for all valid requests for help from those of our shipmates in need.

Navy Relief says "thank you" for your support of its goals. In turn, the Society pledges to remain responsive to the valid needs of our servicemembers. We need each other. Your Navy Relief is represented locally by the East San Francisco Bay Auxiliary, Building 135, NAS Alameda, Phone 869-4188.

That's a horse on us!

"Silver," the wet-dry vacuum cleaner carrying the tradename of Stallion, has been rounded up and herded back to his home corral in the Housekeeping storeroom.

In the last edition, we solicited everyone's help in tracking down the missing work horse, which at that time was believed to be somewhere in the main hospital building.

Well, it seems "Silver" needed a little more "hi-ho" in his life to break the hospital routine. He was found in the CPO/Enlisted Club.

Share the ride with a friend.

Doubling up can cut your commuting expenses in half. And make the daily grind twice as nice.

Two are more fun than one.

Does public speaking set you all a'quiver?

Have you ever attended a meeting and marveled at the ease with which a speaker delivered his or her remarks to the audience? Are you fearful of talking to a group of people? Eighty-five percent of Americans share that fear.

Toastmasters International, an organization devoted to improving public speaking skills, will be starting a Toastmasters Club at Oak Knoll. Toastmasters learn the arts of communication and leadership necessary to become gifted public speakers.

The team involved in creating the Oak Knoll Club are members of Alameda Toastmasters, one of the leading clubs in Northern California.

For further information contact Lieutenant Commander John Kraft in Patient Affairs, Extension 2422 or 2423.

Career capsules

Academy appointments possible without help from Congressman

By HMC G.L. Soileau

Many people are unaware that many appointments to attend the Naval Academy are possible without help from a Congressman. The Secretary of the Navy may appoint 85 enlisted members of the Regular Navy and Regular Marine Corps each year. While it is not mandatory, most appointments have come from the Naval Academy Preparatory School (NAPS). Eligibility criteria for this school are:

- Be a good citizen of the United States.
- Be of good moral character.
- Be at least 17, but not more than 22 on July 1 of the year entering the Naval Academy.
- Be unmarried and have no children.
- An enlisted member must be on active duty for one full year prior to July 1 of the year of entering the Naval Academy.
- He or she must have minimum ASVAB scores WK + AR of 120 (or GCT + AR of 120).

If you meet these requirements you should read OPNAVINST 1531.4C for more details. The application deadline is Feb. 15 of the year you would enter the Naval Academy or Preparatory School, so there is plenty of time to register for and take the Scholastic Aptitude Test (SAT) or American College Testing (ACT) Program Test.

NAVAL REGIONAL MEDICAL CENTER
OAKLAND, CALIFORNIA

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Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.

Marsh leaps from HM2 rate to LTJG rank

Scott A. Marsh sailed through the rates and a rank and managed to bridge a Hospital Corpsman Second Class rating to the rank of Lieutenant (junior grade) in the Medical Service Corps earlier this month.

Through off-duty study with the University of Northern Colorado and Southern Illinois University while stationed at Oak Knoll, Marsh earned a bachelor of science in health care administration and a master of science in business administration to qualify for commissioning under the outservice procurement program.

"(I'm) thankful to all the people who afforded me the opportunity to continue my education—my wife and family, my parents and friends," he said. "I feel honored to be selected, but proud of the recognition for what I have accomplished, and still humbled to know that there will still be people from whom I will learn. Together we'll be able to share our knowledge."

The 31-year-old officer joined the Navy six years ago, and spent most of that time at Naval Regional Medical Center Oakland, working over the years in Pediatrics, Labor and Delivery, Pathology, Supply, Medical Repair, and the Neurosurgery Clinic. Presently assisting on special projects in both the Public Affairs and Military Manpower offices, he will depart the command on March 29 for Officers' Indoctrination School, followed by a new assignment with the First Medical Battalion at Camp Pendleton, Calif.

The son of Herbert J. and Mary Marsh of Patterson, Calif., was commissioned during ceremonies held in the Clinical Assembly where his family and friends witnessed the event. Administering the oath to his newly commissioned son was Retired Navy Chaplain (Lieutenant Commander) Marsh.

LTJG Marsh completed boot camp and corps school in San Diego and more recently graduated with honors from the Aviation Medicine and Aerospace Physiology Technician School in Pensacola, Fla.

He and his wife Marion, sons Stephen and Christopher, and daughter Ana Maia have been making their home in quarters on base.

Scott enjoys woodworking but has been seriously involved in sports at Oak Knoll, playing for five years with the Lab Softball Team which beat out the MSC Team for the championship, and with the Peds/OB Basketball Team that placed second in 1976. He also played with the second place Lab Volleyball Team in 1978.



HELPING HANDS—With Commander Frank Fisher working on the starboard side and his father, retired Navy Chaplain Herbert Marsh at port, newly commissioned Lieutenant (junior grade) Scott Marsh is dressed with shoulder boards displaying his rank.

Learning to be assertive

Phase I of a training course in applied assertiveness/effectiveness began here yesterday under the sponsorship of Civilian Personnel Service.

Both military and civilian personnel are attending the free 16-hour course, held four hours every morning over a four-day period.

Phase I is continuing throughout today. Phase II will be held March 25-26.

In the first phase, students are given an introduction to tools and concepts of assertiveness training for use in personal and professional life; learning to recognize the difference between assertive aggressiveness and passive ways of acting, and learning to communicate clearly, directly and effectively. The second phase covers techniques for giving and receiving positive strokes and criticism, and for handling stress.

All instruction is being conducted in the Education and Training Building No. 75B under direction of Ms. Aliyah Stein of Vista College.

DLA official here to assist

Mr. Norman R. Banda of the Defense Logistics Agency field office in Sacramento, Calif., will pay a customer supply assistance courtesy visit to Naval Regional Medical Center Oakland on March 31.

He will be available to meet with staff members at 9 a.m. that date in the Supply Service conference room to discuss any Defense Logistics Agency-related problems.

Advance appointments are not necessary.



Cost-shared health benefits under the Civilian Health and Medical Program of the Uniformed Services (CHAMPUS) are described in detail in a series of fact sheets issued by the Department of Defense.

Six of 10 titles planned for the series are currently available from Health Benefits Advisors in the Outpatient Service of Naval Regional Medical Center Oakland. They are:

Nursing Care, DOD CHAMPUS FS-2 (1981): Describes benefits for care provided by a private duty nurse, visiting nurse or staff nurse.

Eligibility, DOD CHAMPUS FS-4 (1981): Answers questions about who is eligible for CHAMPUS benefits.

The Effect of Medicare, DOD CHAMPUS FS-5 (1981): Tells what you should know about Medicare and how it affects CHAMPUS eligibility.

Program for the Handicapped, DOD CHAMPUS FS-6 (1981): Discusses eligibility and benefits under the CHAMPUS Program for the Handicapped.

Maternity Care, DOD CHAMPUS FS-8 (1981): Explains the program's maternity care benefits.

How CHAMPUS Bills Are Paid, DOD CHAMPUS FS-9 (1981): Explains how allowable charges are established and how payments are made. Also discusses the difference between participating providers of medical services and non-participating providers.



THANKS TO ALL—Newly commissioned LTJG Marsh expresses his appreciation to co-workers and family during a March 3 ceremony in the Clinical Assembly. He says his new career goal is to become chief of the Medical Service Corps.

Income averaging provides tax break

Navy men and women who received selective reenlistment bonuses or other types of bonuses or incentive pay during 1981 may benefit from income averaging when filing their 1981 tax returns.

People who receive bonuses or incentive pay frequently see a significant increase in the amount of taxable income for the year in which they receive the bonus, and generally will pay a lower tax if they income average.

Internal Revenue Service (IRS) Centers throughout the country can provide required forms and information booklets on income averaging. Local legal services branch offices can provide Navy personnel with the address of the closest IRS center.

ACG Credit Union slates annual meet

The 23rd Annual Meeting of the Alameda Coast Guard Federal Credit Union will be held Thursday, March 25, at 3:30 p.m. in the Oak Knoll Officers' Club. All credit union members are invited to attend.

Rear Admiral Walter M. Lonergan, Commanding Officer, Naval Regional Medical Center Oakland, has been invited to address the membership, as has Captain Melvin Hallock, Commanding Officer, U. S. Coast Guard Training Center, Government Island, Alameda.

A short business meeting detailing past growth and future opportunities for financial rewards to credit union members will be followed by door prize drawings. Prizes include an all-expense paid weekend for two in Carmel, cases of imported wine, gift certificates to leading stores and dinners for two.

Food and refreshments will also follow adjournment of the business meeting.

'O Club' revises menu, open hours

The Commissioned Officers' Mess-Open, known more informally as the "O Club" at Oak Knoll, has adopted the following hours of operation:

Monday—CLOSED.

Tuesday—Friday—11:30 a.m. to 1:30 p.m., open for lunch.

Friday—4 p.m. and on, Happy Hour in the Galleon Room.

For lunch the "O Club" now offers a variety of luncheon specials and an added extra staff to improve service. The luncheon menu is in the process of revision.

For Happy Hour in the Galleon Room, the club continues to provide hors d'oeuvres and reduced bar prices. Starting this afternoon and continuing every third Friday of each month thereafter, the club will bid farewell to departing officers and welcome those reporting to the command with a complimentary bottle of champagne.

The "O Club" also has meeting and conference rooms available Tuesday through Friday, from 8 a.m. to 4 p.m.

For answers to questions, or to pass along suggestions, patrons are invited to call Ext. 2181.

Navy procedure for processing EEO complaints

The correct procedure for processing complaints in the Department of the Navy is as follows:

1. Employee (complainant) contacts activity Equal Employment Opportunity (EEO) counselor within 30 days of the discriminatory action. EEO counselor has 21 days to attempt an informal resolution and to issue a letter at the final interview advising the agrieved person of his or her right to file a formal complaint of discrimination.

2. Employee may file a complaint with an activity head who is an EEO officer (or other appropriate Department of the Navy (DON) official) if informal resolution cannot be effected within 15 days after the **final interview** with the EEO counselor, or after 21 days from the first attempt to contact the counselor about the matter if no informal resolution is reached.

3. EEO officer advises cognizant director, Navy Civilian Personnel Command, who will, in turn, provide an investigator who is not directly or indirectly under the jurisdiction of the head of that part of the organization in which the complaint arose.

4. After the investigation is conducted, the activity head and the complainant are given a copy of the investigative file. EEO officer provides opportunity for resolution.

5. If a resolution is not made, EEO officer notifies complainant by letter of proposed disposition to advise him or her of the right to a hearing or a decision without a hearing.

6. If the complainant does not reply to the EEO officer within 15 days after receipt of the proposed disposition, the EEO officer may adopt the proposed disposition as the decision of the DON authority and advise the complainant of his or her right to appeal to the Equal Employment Opportunity Commission (Office of Review and Appeals) or file civil action in court.

7. If complainant asks for a hearing, the agency must request the EEO Commission to assign an EEO complaints examiner to conduct the hearing.

8. The complaints examiner reviews the file; if it is complete, he or she will schedule and conduct the hearing. If the file is incomplete, the examiner may remand the complaint to the agency for further investigation before conducting the hearing.

9. The hearing is transcribed verbatim. Complaints examiner develops findings, analyses and forwards these, with the complaint file, to the Employee Appeals Review Board (EARB).

10. The EARB makes the final decision on behalf of the Secretary of the Navy, based on the file. Complainant is given a copy of the complaints examiner's recommended decision which must also state the reasons for the decision.

11. The complainant has the right to appeal to EEOC's Officer of Review and Appeals within 20 days of the DON's decision. Complainant also ha a right to file a civil action in a federa district court within 30 days o agency's decision.

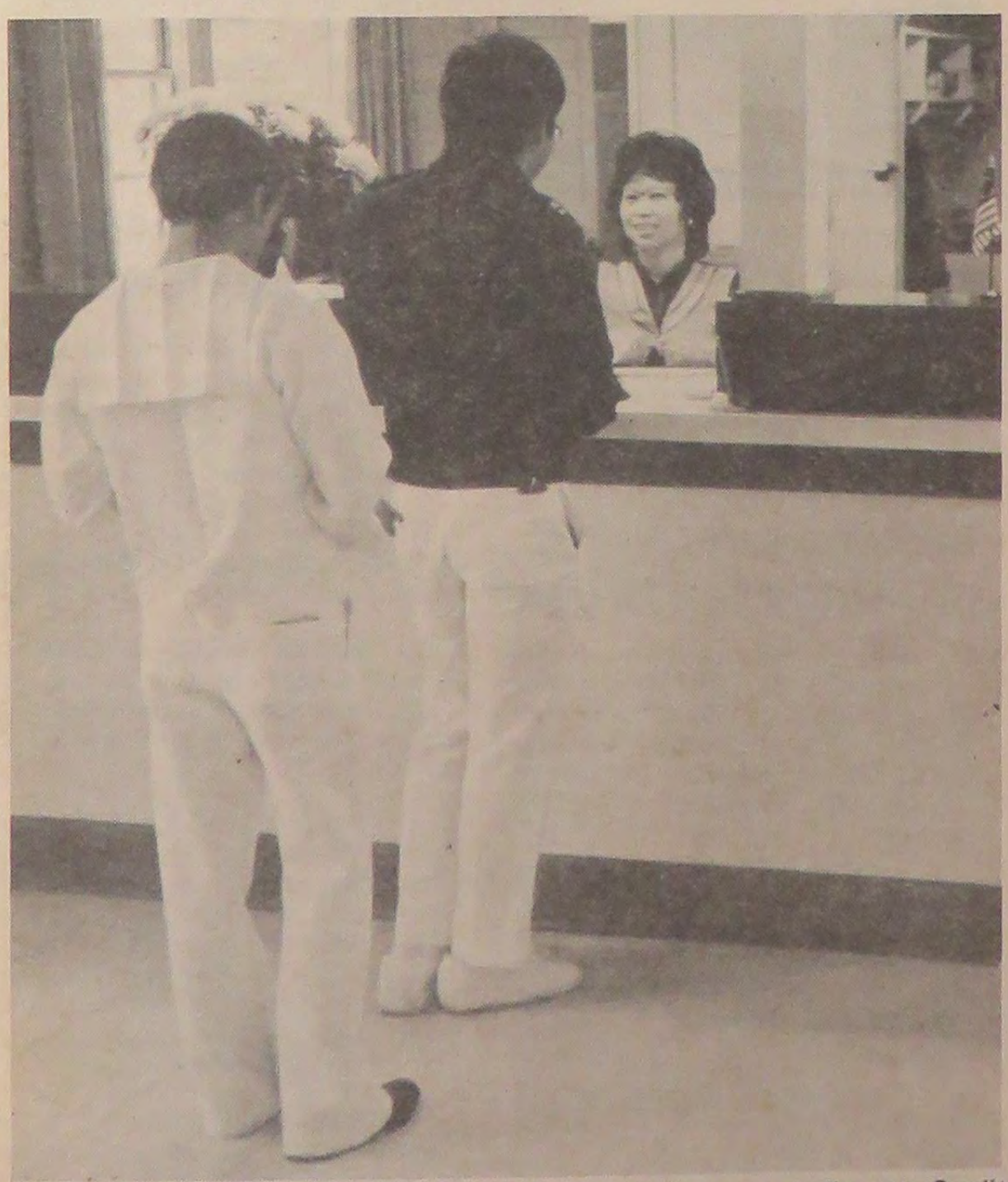
12. If complainant appeals to th Office of Review and Appeals he or sh may also file a civil action in a federa district court if he or she is not satisfie with the decision in the appeal.

The complainant may also file a civ action in a federal district court if a let ter of final action on the complaint i not taken by the agency within 18(days of filing, or if final action is no taken on an appeal to the Office o Review and Appeals within 180 day of filing.

Note: Complainant has the right t be represented by a person of his or he own choosing at any stage in the pre sentation of a complaint, including th counseling stage, and the opportunit for resolution exists at any stag throughout the entire process. Specif questions regarding the process shou be directed to the EEO Office, E 2554 (NES)



CREDIT UNION EXPANSION—Walter Terry, General Manager, and Carole Dawson, Department Manager, pose at a new sign in front of the recently opened facility for share draft checking services.



EARLY CUSTOMERS—Bellaflor Rosal, Share Draft Processor in the new Credit Union annex on base, greets two of the first customers to use the facility. The new location is for share draft checking account services only. All other credit union services are still conducted at the main Credit Union.

Origin of some Navy traditions

By Ensign Alexis Allen

Have you ever wondered why we wear "Navy blue," how the custom of saluting the quarterdeck originated, or how "grog" got its name? Many of the customs and traditions we follow in today's Navy are more than just curiosities—they are our bond with the past and our foundation for the future.

● The custom of saluting the quarterdeck is thought to have originated in the days of Greek and Roman seapower, when shrines of gods (placed in that section of the ship) were honored. The Virgin Mary, and then the king's colors, replaced the shrines as an object of respect. The quarterdeck, a seat of authority and respect since the early days, is an integral part of Navy tradition.

● One of the oldest ceremonies is the burial at sea. The Greeks and the Romans placed coins in the mouths of the deceased to ensure their passage to the home of the dead. Similarly, the ancient British navy sailmaker, in preparing the body for burial at sea, took the last stitch of the shroud through the nose of the deceased as a kind of insurance.

● Our Navy blue uniform comes from the British navy. In 1775, a group of officers petitioned the admiralty for an official uniform. The final decision rested with King George II, who is said to have selected blue and white after observing the Duchess of Bedford rid ing in the park in a habit of those col ors.

These are just a few of the man traditions and customs that are sti honored today. Preserving this knowledge is an important task as ou horizons continue to expand. Also cherished is the sense of pride gained from preserving the knowledge of th experiences of the sailors and aviato who took the first steps across th oceans and through the skies. **(NES)**

Model maker job open

Civilian Personnel Service is recruit ing for a qualified modelmaker to b employed by Orthopedic Service in it Prosthetic Laboratory Branch.

The position, a WG-14, pay $12.75 to $14.88 per hour an applications will be accepted throug April 6.

The person selected will lay ou designs, set up and operate a variety o machine tools, perform precisio bench work, rework or change dimen sions, participate in scientific tests o models, etc.

Further information may be obtaine from Michael Cotter in Civilian Person nel, Ext. 2116.

Drug offender finds penalty severe

Drug offenders who have been sentenced in a civil court may not have reached the end of the judicial process, as a former third class petty officer in San Diego learned recently. The petty officer, who was arrested by San Diego city police for possessing and attempting to deal in a controlled substance, was placed on one year's probation by the civil court and received a suspended sentence of six months' confinement in the county jail.

Following the trial, his command sought permission from appropriate authorities to convene a general court martial for the offenses. Although court martial for charges previously tried in a state court is unusual, it is not considered "double jeopardy" since military and state judicial processes are conducted by different "sovereigns" At the general court martial, the member was sentenced to three years' confinement at hard labor, reduction in rank to the lowest enlisted paygrade and a dishonorable discharge.

The case highlights the Navy's determination not to allow the illega use of drugs on, or off duty. Explaining the requirement for different and more stringent standards of conduct in the Navy, Chief of Naval Operations Admiral Thomas B. Hayward said, "The illegal use of drugs constitutes a serious breach of discipline which undermines the very fiber of the com bat readiness of our Navy:" adding "the Navy is not a mirror of society."

Reunion for VNs

Oak Knoll vocational nurse graduates are invited to attend the Hayward-Fairmont Alumni Association's annual dutch treat dinner and class reunion on Saturday, May 1, at Denny's Restaurant, 15015 Freedom Ave., San Leandro.

Registration will begin at 6 p.m. followed by dinner at 7:15 p.m., and a business meeting. Annual dues to the association remain at $1.

Par course— —

(Continued from Page 1)

improves, and they are reducing the risk of developing many of the degenerative diseases which plague our society. Others experience a feeling of euphoria or a "high" following a particularly good workout. You may even undergo changes in your life reflective of your new feelings. One is physical. You will feel different, maybe with a sense of new energy or an ease in getting through the day, as well as losing unwanted pounds. The other change is mental. Your confidence should change as you become more competent and feel a sense of accomplishment. You may even feel like you're able to think easier. You will then come to feel what fitness—complete fitness—is.

To be fit, think F.I.T. (Frequency, Intensity, Time). Frequency means exercising at least three times a week, on an every-other-day basis. Intensity is exercising enough to raise your heart rate at least above the bottom level of your exercise heart range. Time means keeping your heart rate up to the level for at least 20 minutes. These are the minimum requirements necessary to improve cardiovascular fitness.

But the Parcourse is not just for people who are already "in shape." Our physical therapists recommend the course for rehabilitation patients also, providing proper clearance has been obtained in advance from their doctors. The apparatus is designed so that even handicapped patients may participate in most of the exercises.

Our Parcourse is the Fitness Cluster. All 18 stations are in the same location. This affords the opportunity for the individual to choose the regime to follow, perhaps to complete the course and then run or break up the groups with running, or running in-between the groups. It's exactly a half-mile around the ball fields and tennis courts, so the participant can still jog a few miles with the workout.

Everyone is invited to attend the ribbon-cutting ceremonies at approximately 1 p.m., March 26, but you don't need to wait until then to start your fitness program.



FITNESS CLUSTER—All exercise stations are at the same site. Submarine Sonar Technician Stanley L. Atkins (left) demonstrates the hand-walk, while physician's assistant, CWO3 Vito G. Almaraz masters the log jump, Interior Communications Electrician Donald J. Baptista (left background) performs the body curl, and Dr. Dresser flies over the vault bar.



SG CONGRATULATES SOQ—Vice Admiral J. William Cox, the Navy's Surgeon General, congratulates Dental Technician First Class Richard Gonzales upon the latter's recent selection as the BUMED Sailor of the Quarter for the first quarter of 1982. DT1 Gonzales is the senior advisor for the Navywide manpower planning system, SHORSTAMPS (Shore Requirements, Standards and Manpower Planning System), and is responsible for assisting 23 regional dental centers located worldwide in documenting manpower requirements.

Lutrick named top sailor

Shortly before he departed this command to join the First Marine Division at Camp Pendleton, Hospitalman Donald G. Lutrick, Jr., was named Naval Regional Medical Center Oakland's Sailor of the Month (for February).

In the nine months he spent at Oak Knoll, he served as the Anesthesia Senior Corpsman. In nominating him for the award, Captain D.J. Sass, Chairman of the department, wrote **"HN Lutrick is without question the finest anesthesia corpsman I have had the pleasure of knowing and working with during my naval career. . . he is an exemplary corpsman (and) a credit to the Navy."**

"I feel greatly honored to receive the Sailor of the Month award," the hospitalman said. "I couldn't have ever been considered for such an elite award as this if it hadn't been for the tremendous people in the Anesthesia Department nominating me and writing the recommendations. I owe it all to them."

HN Lutrick, 23, is from Little Rock, Ark., the son of Donald G. and Bettye C. Lutrick.

He entered the Navy a little more than a year and a half ago, completed Corps "A" School, and served aboard the USS SAMUEL GOMPERS (AD 37) before assignment to Oakland. His career goal is to become a medical deep sea diving technician in the Navy.



HN Donald G. Lutrick, Jr.

Lutrick enjoys tennis and bowling, and played basketball with the Anesthesia team.

He is married and the father of one.

Nurse holds Navy Cross

There's a new nurse on 9 South, but what makes this one a little different is the number of awards, medals and ribbons he's entitled to wear.

Lieutenant (junior grade) Larry S. Jacobs, 29, comes to Oakland from similar duty at Naval Regional Medical Center, Camp Pendleton, Calif. A former corpsman, he earned his commission under the former Navy Enlisted Nurse Education Program (NENEP).

Ten years ago, while a Hospital Corpsman Third Class with the First Reconnaissance Battalion, Third Marine Division, he and 16 other military members of Army, Air Force and Marine Corps infiltrated several hundred miles behind enemy lines to rescue American prisoners of war of the North Vietnamese. The only medic in the group, he assisted in evacuating the prisoners by helicopter and was one of only two of the original rescue party who made it back to home camp alive and on their own. For this act of heroism in the presence of great danger and at great personal risk, he was awarded the Navy Cross. His other decorations include the Silver Star, Bronze Star, Navy Achievement Medal, Navy Commendation Medal, Presidential Unit Citation, and the Good Conduct Award.

Although LTJG Jacobs is exceedingly modest in speaking of his own exploits, he is quick to sing the praises of Navy corpsmen in general. **"Navy corpsmen are a unique part of the Navy and oftentimes are overlooked as such," he says. "The title alone stands for pride and tradition. It may not appear so when you're doing menial tasks, but visiting the fleet or a Marine group awakens that knowledge. Navy corpsmen should and need to stand tall and project that image of pride to all those whom they come in contact with. We all need to project more pride in our duties and never be afraid of what we are. The hospitals, fleet and Marine Corps could not function without you, the corpsman."**

Although the NENEP program by which he earned his commission is no longer in existence, the Nurse Corps officer points out that there are many other opportunities available in the Navy and enlisted personnel should pursue them. "It often takes some looking into to find the programs, but they are there," he emphasizes.

The officer is a graduate of Brigham Young University and holds a bachelor of science in nursing and a master of science in cardiovascular nursing. He is originally from Ogden, Utah.

Married and the father of three daughters, LTJG Jacobs and his family are making their home in Alameda.

He enjoys softball and racquetball as hobbies.



LTJG Larry S. Jacobs

Kudos

LETTER OF COMMENDATION

Hospital Corpsman First Class James Carter, CSR/ORT School.

LETTERS OF APPRECIATION

Hospital Corpsman First Class Rodney Jaynes, Preventive Medicine Service.

From Commanding Officer, Naval Regional Dental Center, San Francisco, to LCDR Barney Rabold, MMC Richard Spencer and Mr. Francis "Scotty" McFadyen for correction of fire deficiencies and assistance with energy conservation program.

GOOD CONDUCT AWARD

SMC Edward L. Tilton, Security Branch, Operating Management Service.

The uncommon, unsung mission of cytotechnologist has other rewards

Few know about many groups of people in our hospital who nevertheless play important roles in the function of this institution. Cytotechnologists comprise one of these groups.

The cytotechnologist prepares and evaluates specimens for disease processes—specifically, malignant and pre-malignant conditions. "Cytotechs make decisions; (we're) not med techs," mentioned one during an interview, explaining that the cytotech makes subjective decisions on what he or she sees.

The highly trained and specialized techs screen about 20,000 cases a year at this medical center alone. Specimens are received in many forms from all sources—gyn smears, respiratory or urinary tracts, breast discharge, or GI or other body cavity fluids. Of the cases screened, 87 percent are usually negative and one percent malignant (others are inconclusive and retests are ordered), but each case is dealt with individually, not just for the numbers. Other labs have a "quota;" here time is allowed to properly evaluate the slides that are made. Review time can range from three minutes to eight hours per slide, because it's easy to see a frank positive and results must be accurate.

So why feature the cytotechs? Their job is stressful. They have little patient contact for recognition, but the doctors who understand what they do hold them in high regard. The close work, demand for early results, and toxic work environment contribute to the stress of the job. There is no room for error. Decisions made affect lives and health.

Sometimes these professionals feel like they are signing a death warrant. It's easy to see why some surveys have placed cytotechnology between the second and seventh most stressful occupation in the job market.

So why be a cytotech, especially since the pay is about the the same as many others in less respsonsible jobs? "It's doing something to help people," one declared. "Diagnosing an early lesion that is curable, for example. However (we) don't get enough feedback to know of all the cures, but we do take much satisfaction in those that we hear about."

What are the requirements to become a cytotechnologist? For the civilian, after completing a BS degree in biology or the equivalent, which is two years of college and additional experience or training, four years of specialized experience are required to meet the standards for GS-7. The International Academy of Cytotechnologists requires 180 continuing education hours over a four year period. The military Cytotechnologists attends a "C" school for one year. His or her requirements also include 60 semester hours of collegiate training, 14 of which are courses in biology, and a GCT/ARI of at least 105.

Cytotech training is devoted to both pathology (lab and autopsy) and cytology, and professionals are eligible for membership in the American Society of Clinical Pathologists (ASCP).



PREPARING SPECIMENS—HM2 Dennis Wilkinson filters a fluid specimen. Filters are strained and mounted on a slide for careful review and analysis.



TOOLS OF THE TRADE—The screening process requires full concentration. Susie Banks (front), Bill Pshea, Jerry Smith and HM2 Wilkinson review the slides for diagnosis.

Sometimes personal habits qualify you as April Fool

April Fool's Day might be a good time to ask yourself if you are one—in the way you treat your body.

If some of your 1982 resolutions have already broken down or been forgotten, why not use April 1 as a day you resolve to get better? Here are a few ideas guaranteed not to be foolish.

If you plan to quit smoking and do so successfully, you will be among millions of Americans who feel better and will enjoy a longer life. Smoking is a major contributor to lung cancer, heart disease, emphysema and chronic bronchitis and is associated with other serious diseases. So, increase your defenses against these problems and breathe easier for it.

Also for your resolution list, consider drinking less alcohol or not drinking at all. Prolonged and heavy use can cause problems ranging from inflammation of the stomach to ulceration and intern bleeding. Alcohol is linked to extern problems as well. It is involved in half the fatal automobile accidents in t United States. Remember, alcohol not a stimulant, it's a depressant.

Start a fitness and exercise routi to fit your body's conditions and need Proper exercise can be a significa factor in the control of obesit diabetes, heart and circulatory pro lems, orthopedic problems and em tional disorders. The best exercise doing something physically activ which you enjoy, with the exercis aspect secondary. Incorporate it int your lifestyle and live better with it.

Stop fooling yourself. Start yo own health plan now and make it pa of your life plan for this and all t years to come.

Comings and Goings

"Fair winds and following seas" to the following personnel who have recently departed this command:

HM2 Laurence Soto to 3rd FSSG, Okinawa, Japan.

HA James Boyd, released from active duty.

HM3 David Foster, NRMC Jacksonville, Fla.

HR Louis Ronzetti, NRMC Jacksonville.

HM3 Catherine Clampitt, NH, Beaufort, S.C.

HM3 Ann Walters, NRMC Portsmouth, Va.

HM3 Jeff Walters, USS IWO JIMA (LPH-2), homeport Norfolk, Va.

HA Timothy Durrett, NH Lemoore, Calif.

HN George Chadwell, USS CAPE CODE (AD-43), homeport San Diego.

HM3 James A. Kimes, USS ENTERPRISE (CVN-65), homeport Alameda, Calif.

HM2 John Harris, NSHS, San Diego, Calif.

HM3 Dale Duty, NSHS, San Diego.

HN Margaret Dusa, NRMC Yokosuka, Japan.

HN Rodolfo Silva, 1st Mar. Div., FMFPAC, Camp Pendleton, Calif.

HA James Rainey, 1st Mar. Div., FMFPAC, Camp Pendleton.

HN Karen Wheeler, NRMC Okinawa, Japan.

HM2 Daniel Richards, NSHS, San Diego.

HM3 Sharon Sharretts, NAS North Island Branch Clinic, San Diego.

HM3 Gregory Bean, Coronado, Calif. (school).

HN George Imburgia, released from active duty.

HN Robert Backe, 1st FSSG, Camp Pendleton.

LT Kyle Wills, released from active duty.

HM2 Gerald Prettyman, released from active duty.

HA Orlando Powers, released from active duty.

HA Christopher Megdalski, released from active duty.

HN Brian E. Malone, 1st Mar. Div., Camp Pendleton.

• • •

"Welcome aboard" to newly arrived:

Hospital Apprentice Larry Steward, Nursing Service.

Personnelman Second Class Kay Stauner, Personnel Support Detachment.

Hospitalman Recruit Jeffrey Towns, Nursing Service.

Hospital Apprentice George Alfonso, Nursing Service.

Hospital Corpsman Third Class Allen Zdeb, Eye Clinic.

Hospital Corpsman Third Class Tomas Kelley, Nursing Service.

Lieutenant Harvey Adkins Microbiology.

Hospital Corpsman Second Clas Gary Myhra, Laboratory Service.

Hospitalman Ronald Matthews Nursing Service.

CAPT Francisco Gonzales, MC Clinical Investigation Center ACDUTRA.

CAPT David Cowan, MC, Urology ACDUTRA.

LTJG Larry Jacobs, NC, Nurs Service.

Reserve Unit from Colorado Spring CAPT Alfred Martin, MC; CDR Emer son Clark, MSC; LCDR Merry An Gotch, NC, and LT Jeffrey Johnson DC.

ET2 Gary Wheaton, Operatin Management.

HR Todd Cosgrove, Nursing Servic

HA Jeffrey Conley, Nursing Servic

HM3 Paul Long, Psychiatry.

HA Thomas Grout, Nursing Servic (TAD Centerville Beach Branch Clinic)

RM2 Teresa Draper, Operatin Management.

HM1 Harold Rader, Security.

HM3 Angela Hearn, Anesthesia.

HM1 Ray Thomas, Outpatient Se vice.

HR Brian Kelly, Nursing Service.

HA Michael Clark, Nursing Service.

LCDR Jeffrey Jaindl, X-ray Depart ment.

HM2 Daniel Spicer, PMT School.

HM3 Michael Allanson, OR Schoo (TAD Special Services).

HM3 Jackson Brown, OR Schoo (TAD Public Affairs).

HM3 Joe Cepeda, PMT School.

HM3 John Arnold, Nursing Service

HR Ian Anderson, OR School (TA Special Services).

HMC Christopher Belluto, TA Moffett Field Branch Clinic.

HN Agustin Bohorquez, OR School

HA Mary Granstedt, Nursing Servic

VA Qs and As

Q—Do I report my Veteran Administration benefits on my Federa income tax for 1981?

A—No. By law, veterans benefits ar not taxable and should not be reporte to any taxing authority (Federal, State City, etc.).

• • •

Q—Can I buy a VA repossessed home if I am not a veteran?

A—Yes. The VA sells repossessed homes to any individual who has a good credit rating.

Child Life program

Dealing with anxieties of hospitalized children

Were you ever in the hospital when you were a child? How did **you** feel? Scared, deserted or betrayed?

Generally, the primary fear of children under 6 is parental separation. The school-age child fears body damage and has a hard time understanding why there is pain associated with getting better. Teens are more sophisticated and value their independence and appearance.

Sometimes children feel that hospitalization is punishment for something that they did at home or school. Some children fear that their parents will leave them in the hospital. Others fear that they will look different.

When a child is not prepared for the hospital or their daily routine is altered and contact with family and friends is interrupted, anxiety, regression or depression may result. This does not occur in all children and usually is of short term. On rare occasion, hospitalization may lead to long-term behavioral disturbances.

As a parent, you are the best person to help your child **before, during** and **after** hospitalization. You are part of a team with the doctor, the nurse and a Child Life worker. Together you can meet the emotional and physical needs of your child. No one team member can provide all the needed support alone.

The week of March 22-29 has been proclaimed Children and Hospitals Week by the Association for the Care of Children's Health. Here are some of their suggestions to help your child cope with hospitalization and make it a positive experience:

—**Be honest**—Never lie to your child. If something is going to hurt, say so. Children need to trust you.

—**Tell your child where you will be**—There will be times when you can't be there or have to leave. Tell the child your plans and comply with them.

—**Make the child feel comfortable**—Familiar surroundings lessen the feeling of being away from loved ones.

—**Allow the child to play**—There may be times when out of bed play is not possible. But, sick children need play too. It is a way for them to work out their feelings. Schoolwork adds to the feeling of normalcy.

—**Become involved in your child's care**—Ask the staff what you can do for your child. All of the other needs may be met, but sometimes just "being there" makes it.



MEDICAL PLAY ESSENTIAL—Tammy Hoffman (left) explains to Child Life intern Sheri Szeles that IVs are used to replace fluids and give medicine, while Joshua Elms, at right, listens intently. The other young patient in the striped t-shirt seems less interested.



IS THERE A HEARTBEAT HERE?—Michael Simon tries to find a heartbeat in "Bad Betty," as he instructs the one-eyed bear to take a deep breath and hold it. "You'll be okay," he comforts.



WE'LL MAKE IT BETTER—Tammy Hoffman (left) assists Daniel Mora, an orthopedic patient, in casting a doll's legs, although Daniel knows a little bit about it as he was in a spica cast himself at one time. Child Life intern Sheri Szeles (center) explains that it is important to have the children's play reflect feelings about their own treatment.

Keeping your whites WHITE

Is your white jumper uniform looking a bit dingy? Perhaps you're not washing it correctly. So, to help you out, the Naval Supply Systems Command has provided the following test-proven instructions for home laundering:

Wash the white jumper uniform only with other white items. Heavily soiled clothes should not be washed with lightly soiled clothes because the soil is redeposited, giving the clothes a gray-colored appearance.

Pretreat those "rings" around the collars and cuffs with a concentrated liquid detergent, a paste of heavy-duty detergent or a laundry pretreatment product. Work lather into stain with a soft brush or sponge and allow it to stand for at least 15 minutes before washing the garment. (A pine-oil type laundry pretreatment product will remove black shoe polish stains, while a drycleaning-type spot remover will remove oily substances.)

Whiten your jumper by using chlorine or oxygen-type bleaches that are diluted in water first. Allowing full strength bleach to contact the fabric will cause yellowing and fiber damage.

Wash uniforms with regular detergent on a regular hot wash cycle with a cool rinse. Spinning clothes rinsed in hot water can cause set-in wrinkles.

Dry jumpers on a "wash and wear" or a "durable press" cycle. Do not overload the dryer, and if it doesn't have an automatic cool-down period, remove the jumpers immediately after drying to help prevent wrinkles.

Use a steam or dry iron at a low setting when pressing is needed.

Make sure stains are removed before clothes are tumble-dried or pressed to avoid setting the stain.

April 15th FEDERAL INCOME TAX DEADLINE

Art auction slated in April

If you vowed to do your Christmas shopping early in 1982 when you found yourself caught short in time and money during the last holiday season, you'll have that early opportunity on April 24.

That date has been set for the Naval Regional Medical Center Officers' Auxiliary's fifth annual art auction. It will provide not only the chance to collect fine art at bargain prices, but allow you to deduct a portion of your purchase as a charitable contribution on next year's income tax report, as the annual benefit goes to support the club's scholarship fund.

If the word auction turns you off with an insecure feelin of the possibility of over and under-bidding in haste and with embarrassment, take heed. It doesn't work that way.

Attendees arrive about 6:30 p.m., pay a small admission fee, review the selections set up in the Ballroom at leisure and place a marker beside any interesting pieces (if they are not already marked). The auction/bidding begins at 7 p.m. All you have to do is raise your bidding number on the one you desire. If there is no competition, it is yours. You can bid on several pieces, or even win one of the large works of art that will be given as door prizes. At the end you can pay with Master Charge, VISA, or check, then take your purchase home, stash it away for someone's special Christmas present, or hang it in your own house to add an instant decorating change.

The art works will include oils, lithographs, serigraphs, etchings, woodcuts and prints, all beautifully framed.



The following new additions to the medical "family" have arrived at Naval Regional Medical Center Oakland:

A baby boy to Lieutenant Commander Lolita E. Chiong, Alameda Branch Clinic, and her husband Divino, Feb. 24.

A baby girl to Hospital Corpsman Third Class Vanessah Lee Walker, Patient Affairs, and her husband David, March 1.

Scenes by the sidelines

By Ron Brown

INTRAMURAL BASKETBALL GAMES OF MARCH 5

Special Services 'stuns' ENT

Special Services, under "Coach" Marumoto's direction, took a tighter hold on third place in the 1982 Basketball League with a surprising upset victory over the previously unbeaten quintet from ENT by a score of 37-34. Special Services led at half time by a score of 20-14, which was enough of a lead as ENT outscored Special Services 20-17 in the second half. B.J. Baldwin led the winners with 14 points on 6 field goals and 2 free throws. Seven of his 14 points came in the first half. H. Burton led ENT with 16 points.

Medicine humbles Med Repair

After jumping off to a 50-4 half time lead, Medicine went on to defeat Med Repair by a final score of 86-14. Five out of six players hit for double figures for Medicine. Leaf scored six points for Med Repair, followed by Mills with 4 points.

OPD noses out Anesthesiology

With Josie Ford and Mays each getting 12 points, OPD outlasted Anesthesiology for the eventual 59-47 win and kept them in fourth place behind ENT, Medicine and Special Services. Eckman led all scorers with 25 points on 12 field goals and 1 free throw.

GAMES PLAYED MARCH 10

Medicine hangs in there

Medicine keeps hold on second place with a 44-41 squeaker over MSC. M. Terry led Medicine with 22 points followed by K. Williams with 9 markers. Doug Love, T. Carroll and Drakeford each had 10 points in a losing cause for MSC. "Tiny" Geer came out of retirement and split the net for 9 "big ones."

OPD still in picture

OPD stays in the playoff picture with a sounding 64-38 win over Med Repair. Thomas led the winners with 18 points followed by Ford with 14. Leaf led Med Repair with 12 points.

STANDINGS THRU MARCH 10

Team	W	L	Pct.
ENT	14	1	.933
Medicine	13	2	.867
Special Services	11	4	.733
OPD	9	6	.600
MSC	8	7	.533
NP	7	8	.467
Anesthesiology	6	9	.400
Med Repair	3	12	.200
All-Stars	3	12	.200
ARS	1	14	.067



KING CAROUSEL—Balloons, smiles and the world's largest carousel, Colum bia, greet people as they enter the new Marriott's GREAT AMERICA them park in Santa Clara, Calif. Columbia stands 100 feet high, has two decks carry ing 106 historical carousel animals and cost $1.8 million. Discount tickets ar available in Special Services for $11, which includes $3 in bonus bucks fo food, merchandise and non coin-operated games.

Come run the wilderness

If you are a runner and also love the wilderness, then save Sunday, April 25, to enter your fleet feet in the Sunol Regional Wilderness Run.

Entrants will tread the 10-kilometer course beginning at 9:30 a.m. to vie for first, second and third awards in four divisions. There will be free T-shirts for the first 75 entrants, with additional shirts on sale on race day.

Pre-registration (entries postmarked by April 15) is $7.50; late registration on the day of the race (7:30 to 8:30 a.m.) is $8.50.

For additional information on the race contact Paul Ferreira or Carleen Bruins at Sunol, 862-2244 or Joe Rubini at District Headquarters, 531-9300. Pick up entry blanks at Sunol Wilderness or District Headquarters. *(East Bay Log)*

'Whopper Club' seeks members

The Lake Chabot staff announces the formation of the "Whopper Club" for successful fishermen using the lake in Anthony Chabot Regional Park, Castro Valley.

Minimum size of catch must be as follows:

Largemouth Bass	10 lbs.
Channel Catfish	10 lbs.
Rainbow Trout	17 inches
Black Crappie	12 inches

Fish must be caught legally at Lake Chabot and verified at Lake Chabot Marina, open in winter from 7 a.m. to 4 p.m.

Storms continue to muddy the water in this lake and fishing has been slow lately. In spite of many trout plants, including some trophy fish, only a few anglers using eggs have landed catches. When the weather clears, however, those in the know are confident there should be some excellent action in this nearby recreation area.

Shape up now for B to B run

The *San Francisco Examiner's* "Bay to Breakers," billed as the biggest race in the world, will be held Sunday, May 16, beginning at 8 a.m.

The $7.50 entry fee goes to help the Red Cross, Guardsmen and other Bay Area charities, as well as making other *Examiner* events, such as Opera in the Park and Christmas Day Camp for Senior Citizens, possible. All entrants will receive a souvenir T-shirt of the big event. Entry forms are being published in the San Francisco newspaper.

Members of the Naval Regional Medical Center Auxiliary will get into practice for the race beginning March 31 and every Wednesday thereafter, meeting at 9:30 a.m. at the Officers' Club until the last Wednesday before the race.

Last year's event drew 40,000 participants. The course is 7.6 miles long.

Classifieds

CAMPER WANTED

VW camper in good condition, suitable for extensive travel. Needed by June 1, 1982. Contact Dr. John Aguilar, NRMC Box 7632, Guam, FPO San Francisco, Calif., 96630.

HELP WANTED

Hairdresser for Beauty Shop on base. Out of state license OK; Equal Opportunity Employer. Contact Betty Hittle, 562-4762.

U.S. Government Printing Office
1979-33235-689-150/24

All aboard for Hearst Castle!

AMTRAK's *Coast Starlight* train will carry Oak Knoll passengers south in scenic comfort during a special Hearst Castle trip slated for May 8-9.

The train will depart the Oakland station at 7:40 a.m. on Saturday, May 8. Passengers may enjoy breakfast in the dining car while watching the passing view through wide picture windows.

Upon arrival at San Luis Obispo, there'll be a bus waiting to take the group on a lectured sightseeing tour of Mission San Luis Obispo and provide transportation to the San Simeon Lodge for overnight accommodations.

On Sunday morning Oak Knollites will be driven up the 1,600 ft. hill to the Hearst Castle, perched on top, and select their choice of three offered tours of this fabulous estate.

After the castle visit, the bus wi transport passengers to Morro Bay fo shopping or lunch at one of the excel lent seafood restaurants, and the return to the *Coast Starlight* for the tri home.

The entire package, covering round trip train fare, bus transportation, on night's lodging and the Hearst Castl Tour, costs, per person: $122 single $108 double/twin; $104 triple, an $99, quad.

Special Services requests that reser vations be made early as space i limited. Further information may b obtained from Sally at 639-2479 o 632-0307.

MOVIES

Friday, Mar. 19, 6:30 p.m.—THUNDERBALL—Sean Connery, Claudine Auger—Adventure/PG

Saturday, Mar. 20, 1 p.m.—CLOSED, NO MOVIE WILL BE SHOWN TODAY DU TO SPECIAL SYMPOSIUM

Sunday, Mar. 21, 6:30 p.m.—THE IDOLMAKER—Ray Sharkey, Tova Feldshuh—Drama/PG

Monday, Mar. 22, 6:30 p.m.—SMOKEY AND THE BANDIT—Burt Reynold Sally Fields—Action/PG

Tuesday, Mar. 23, 6:30 p.m.—FIRST MONDAY IN OCTOBER—Walter Mattha Jill Clayburgh—Comedy Drama/R

Wednesday, Mar. 24, 6:30 p.m.—TULIPS—Bernadette Peters, Gabe Kaplan—Romantic Comedy/PG

Thursday, Mar. 25, 6:30 p.m.—A PERFECT COUPLE—Paul Dooley, Mari Heflin—Comedy Drama/R

Friday, Mar. 26, 6:30 p.m.—CONDOR MAN—Michael Crawford, Oliver Reed—Adventure/PG

Saturday, Mar. 27, 1 p.m.—THE JAZZ SINGER—Neil Diamond, Lucie Arnaz—Drama/PG

Sunday, Mar. 28, 6:30 p.m.—FROM RUSSIA WITH LOVE—Sean Connery Robert Shaw—Adventure/PG

Monday, Mar. 29, 6:30 p.m.—STAR WARS—Mark Hamill, Harrison Ford—Sci Fi/PG

Tuesday, Mar. 30, 6:30 p.m.—MOMMIE DEAREST—Faye Dunaway, Diana Scarwid—Drama/R

Wednesday, Mar. 31, 6:30 p.m.—BRUCE LEE'S DEADLY KUNG FU—Bruce Le Wang Chue Ta—Action/R

Thursday, Apr. 1, 6:30 p.m.—WATCHER IN THE WOODS—Bette Davis, Carol Baker—Mystery/PG

Vol. 44, No. 6

the Oak Leaf

NAVAL REGIONAL MEDICAL CENTER. OAKLAND. CALIFORNIA.

Friday, April 2, 1982

A look at NRMC Oakland's automated future

By LCDR Sid Gesh
Chief, Management Information Service

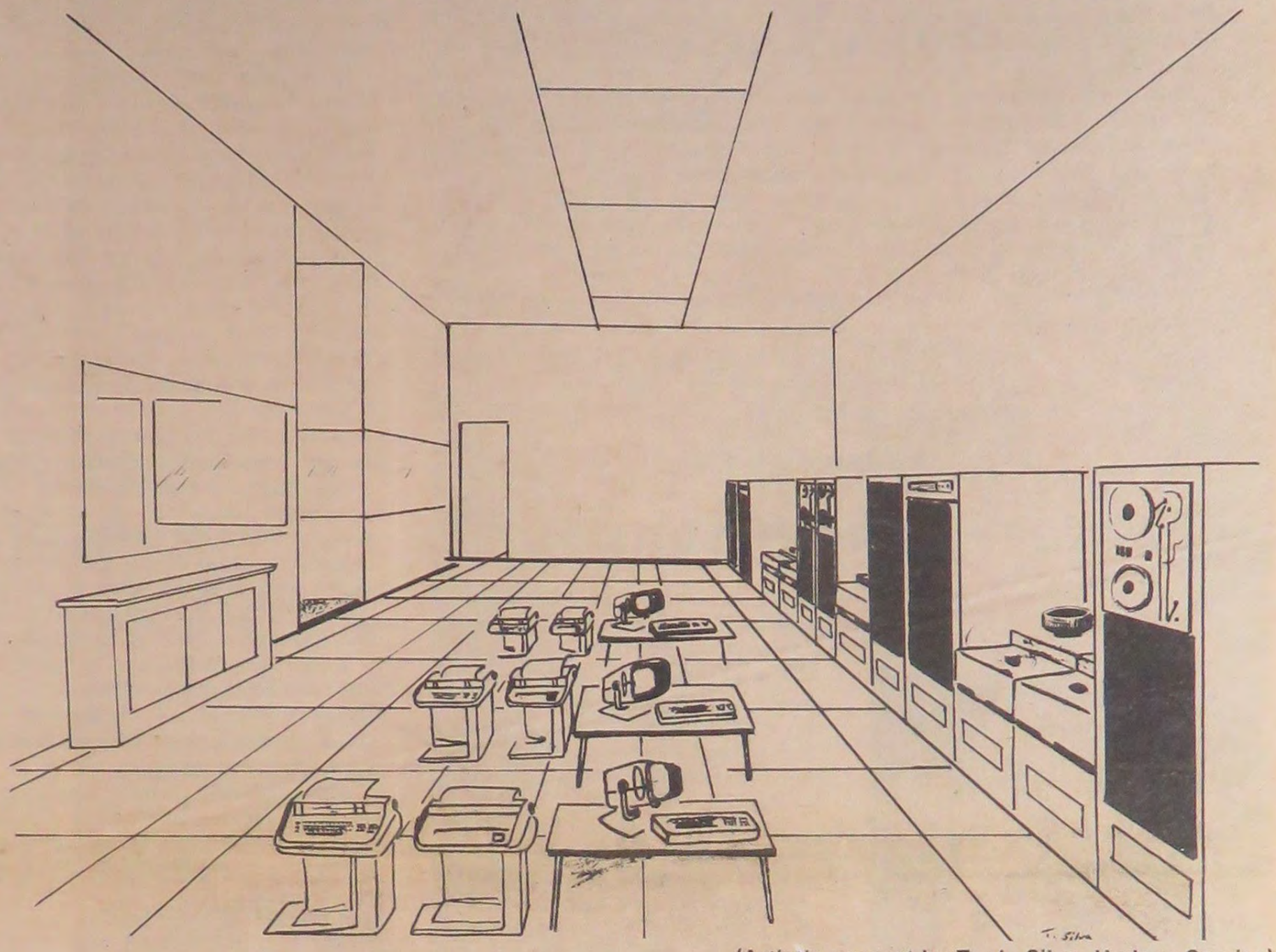
• A doctor on an inpatient ward orders STAT laboratory tests and needs the results as soon as possible. Within minutes, a cathode ray tube (CRT) "beeps," indicating the results are available for viewing.

• A retired military member walks into a remote branch clinic complaining of chest pain. The duty Hospital Corpsman performs an electrocardiogram that is transmitted to a computer system for computer interpretation. An interpretation of the ECG is printed at the branch clinic on a teleprinter indicating the ECG to be "normal." The following day, a "confirmed report" is printed on the teleprinter indicating that, after over-reading by a staff cardiologist, the ECG is confirmed as being normal.

• A patient arrives in the Radiology Service to find no waiting time for his scheduled procedure. X-ray technician, x-ray room and radiologist have been scheduled by a computer system. The same computer system will also produce the radiographic report.

• A patient presents a prescription to the pharmacy technician in the Pharmacy. After keying the prescribed medication into an automated pharmacy system via CRT, there is a "warning" flashed on the display screen. The computer system has reviewed the patient's medication profile and discovered that the medication ordered will produce an adverse reaction because of a medication the patient is currently taking.

• Clinical personnel in an outpatient clinic have noticed a dramatic increase in patient visits and a reduction in "no-shows". A computer system has assumed the task of patient appointment scheduling.



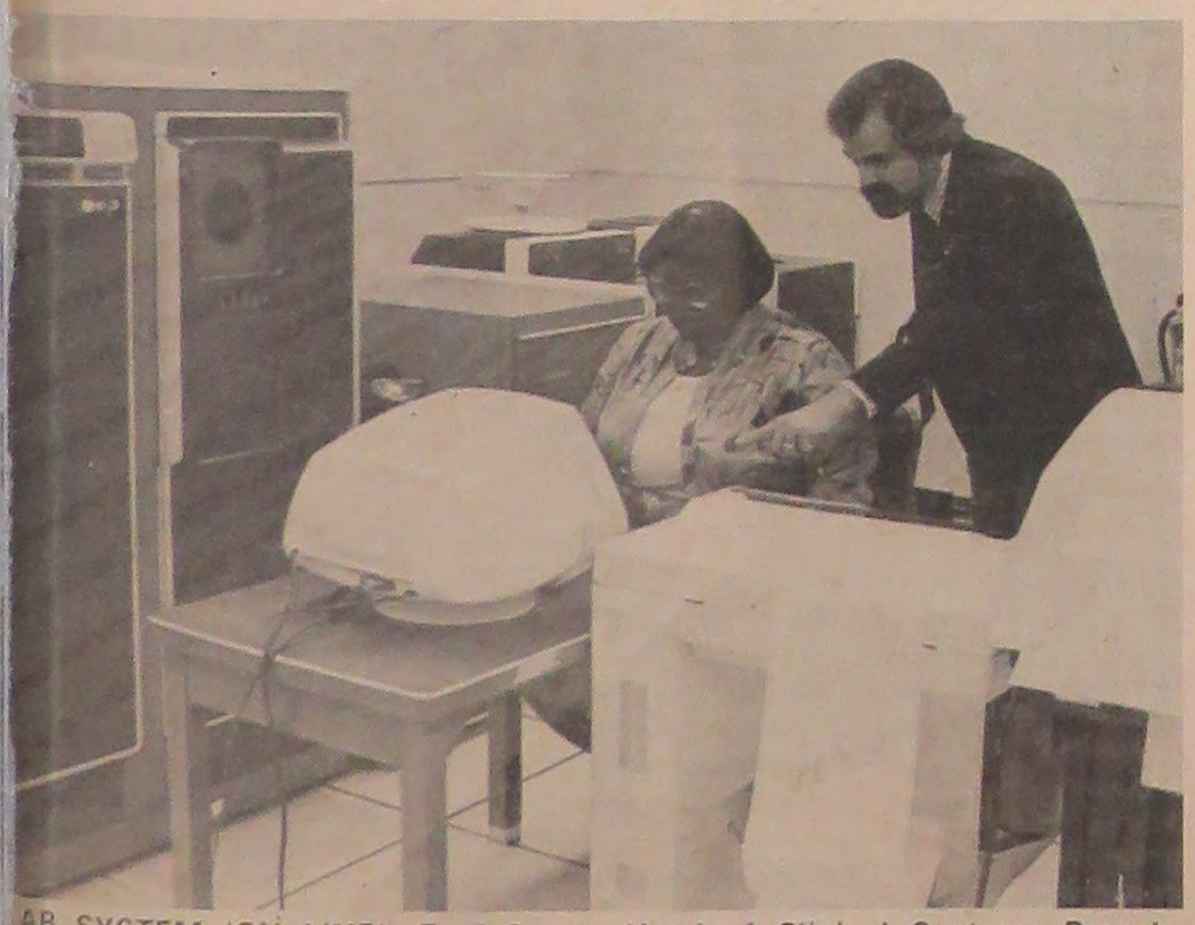
(Artist's concept by Trudy Silva, Urology Service)

Excerpts from George Orwell's best seller *1984?* A description of medical center operations at El Camino Hospital, known for its application of computers in the management of hospital information? No, these situations describe the operations of Naval Regional Medical Center, Oakland approximately 18 months from today.

The Management Information Service is currently involved in the installation, or the installation planning, of five major clinical computing systems funded by Triservice Medical Information System (TRIMIS) Program. The five systems are: Laboratory System (currently operational), Computer Assisted Practice of Cardiology System (June 1982), Radiology Reporting System (October 1982), Pharmacy Reporting System (October 1982), and the Patient Appointment Scheduling System (November 1983).

The TRIMIS Program is following a building block approach to system development. In the first phase, the best ways to meet needs of work centers in hospitals are being verified through examining existing capabilities and implementing pilot systems. While Initial Operational Capabilities (IOC's) are being installed in high volume work centers, other systems are contributing to the development of technical standards and functional requirements. The IOC's include Pharmacy, Laboratory, Patient Appointment Scheduling and Radiology. These initial efforts reduce the risk associated with attempting to develop a completely automated health care delivery system in one step. At the same time, they provide assistance to high work load areas. Knowledge gained from these initial systems will be used in developing requirements for standardized systems which will be acquired and released to the military medical departments to meet additional work center requirements. Composite needs will be met by integrating standardized systems to perform a Composite Health Care System to meet the information requirements of medical and management personnel at the hospital level. In short, TRIMIS Systems will evolve carefully, logically, and step by step into a total medical information network instead of remaining as isolated automated medical systems.

Previous issues of the *Oak Leaf* have highlighted the installation and operation of the Laboratory System. Watch this column for future articles describing in detail the capabilities of the Computer Assisted Practice of Cardiology System, the Radiology Reporting System, the Pharmacy System and the Patient Appointment Scheduling System.



LAB SYSTEM 'ON LINE'—Fred Perea, Head of Clinical Systems Branch, reviews data on the Cathode Ray Tube (CRT) with Carolyn Poe, Management Analyst, in the Computer Room of Management Information Service.

Health benefits open season set May 3-28

Donald J. Devine, Director of the U. S. Office of Personnel Management (OPM), has announced that an open enrollment period for federal employees and retirees in the Federal Employees Health Benefits (FEHB) Program will be held May 3 through May 28, 1982. Enrollment changes for employees, including those at Oak Knoll, will become effective July 11, 1982.

During the open season, employees and annuitants will have the opportunity to change from one health plan or option to another, or move from a self-only enrollment to a family status. Also, employees not presently enrolled in the FEHB program will have an opportunity to enroll.

Distribution of informational pamphlets containing a plan comparison chart and pamphlets containing the bi-weekly benefit rates will be distributed to all eligible employees during the open season, according to Beverly Keller of Civilian Personnel Service. Her office will also furnish brochures covering the plans available locally to employees requesting them.

Plans available are: Indemnity Benefit Plan; Service Benefit Plan; Kaiser/Northern California Plan; Rockridge Health Care Plan, and the Take Care (BC/BSCMP Network) Plan. In addition, there are a number of employee organization plans in which any federal employee can enroll by becoming a member or associate

(Continued to page 3)

EDITORIAL

Navy motor vehicle deaths down last year

Although the final tally for 1981 is not complete due to some late reporting, it is safe to say that a substantial reduction in motor vehicle related fatalities has taken place throughout the U. S. Navy. Congratulations and a great big "ATTA BOY" to all who helped achieve the reduction in fatalities. Such a reduction could only be realized through a team effort.

In 1980, 277 Navy people died as a result of motor vehicle related mishaps. The 1981 figure (subject to change) is 246. This is an overall reduction of 31—about 11 percent.

About 80 percent of the Navy population consists of grades E1 through E6 [illegible] might be expected, because of these numbers and age range (generally 17-26), their involvement in motor vehicle mishaps is high. While making up 80 percent of the Navy population, they suffered 93 percent of the fatalities. Non-use of safety belts and helmets continues to result in needless death, injury, disfigurement, and partial and permanent disability.

Government motor vehicle fatalities totaled six in 1981. One serviceman was lying in the road when struck by a Navy truck. Two Navy men were killed in separate mishaps as a result of falling from the cargo area of Navy trucks. Both of these deaths were due to carelessness on the part of supervisors, the drivers, and the victims. In each case, the passenger was ejected from the vehicle by improperly secured cargo and the effects of wind on that cargo. The speed of each vehicle involved was less than 25 miles per hour. Additionally, two Navy men were killed in separate mishaps after being ejected from the driver's position in a military vehicle. Both of the men probably would have survived if they had been wearing safety belts. A Navy woman was killed as a result of hitting a tree while driving a Navy van at a speed between 15 and 25 miles per hour. She was not wearing safety belts.

As in past years, alcohol and darkness proved to be a deadly combination for many of the 23 pedestrian fatalities which occurred during 1981.

Seventeen less persons died in 1981 from accidents involving privately-owned four-wheel vehicles than the previous year. This is a reduction of approximately 9 percent. Increased safety belt use would have resulted in less fatalities.

The greatest reduction in terms of percentage occurred in the area of motorcycles—slightly more than 18 percent. Actual numbers were reduced from 71 in 1981 to 58 in 1981. Don't be lulled into a false sense of security by these numbers, however, because during the period Jan. 1-Feb. 22, 1981, only four motorcycle deaths were reported, while the same period in 1982, the number was 10. The operation of a motorcycle is a risky business. Fifty-eight Navy people found this out the hard way in 1981. A motorcycle doesn't forgive too many operator mistakes.

In 1981 one fatality and 10 injuries resulted from moped mishaps. One Navy man was killed when the rented moped he was riding collided head-on into an automobile. The mishap occurred in the Bahamas, where motor vehicle traffic travels on the left side of the road. At the time of impact, the moped was traveling on the right side of the road against oncoming traffic.

Although 1981 certainly showed general improvement, statistics clearly indicate that an all-hands effort is needed to continue the downward trend in the number of fatalities incurred through all types of motor vehicle operation in the Navy.

CNO praises selection

. . .Selection by the President of Admiral Jim Watkins to be my successor was a great day for the Navy. Admiral Watkins, presently CINCPACFLT, is a proven tactician with extensive command at sea, is highly respected in Washington for his unique ability to be objective and flexible while maintaining a tough-minded approach to naval superiority, and is a people-oriented leader who possesses the finest qualities desired and expected of the CNO. He will bring to this job an enthusiastic appreciation of pride and professionalism at its best.

We are a Navy on the move today. We are assured, through this appointment, that our positive momentum will continue on into the future.

Admiral T.B. Hayward
Chief of Naval Operations

Does the bunny know?

Easter—which Sunday?



Why does Easter always come on Sunday but seldom the same Sunday? This has puzzled more people over the years than why there is an Easter bunny.

Easter, on April 11 this year, is the Christian festival which honors the resurrection, or rising from the dead, of Jesus. It takes its name in English from that of an Anglo-Saxon goddess, Eostre, who represented light, or spring.

Fixing the date of Easter each year has involved the churches in a complicated mathematical problem accompanied by prolonged ecclesiastical controversy.

Present-day Christian doctrine indicates that Jesus celebrated the Passover on Thursday, was crucified on Friday and arose on Sunday, on the first day of the week. Jewish Passover, however, falls on the 14th day of the lunar month, Nisan, which may be any day of the week.

Since the early Christians were Jews, the Hebrew tradition was powerful in their minds and they celebrated Easter on the day of the Jewish Passover. Gentile Christians, on the other hand, wanted the day to be observed on Sunday, the first day of the week.

The dispute continued into the 4th century, with Western churches celebrating Easter on Sunday and Eastern churches following the Jewish tradition of celebrating it on the 14th day of Nisan.

In 325 A.D., the Nicean Council was convened by Constantine where a decision was made that Easter should be observed on the first Sunday after the full moon following the vernal equinox, to be fixed each year at Alexandria, then the center of astronomical science.

There continued to be some controversy and uncertainty, however, which lasted in various parts of the church down to the 8th century when the majority of Christian churches accepted the new method of determining the date of Easter. In the Eastern Orthodox Church, a slightly different calculation is followed, with the result that the Orthodox Easter, although sometimes coinciding with that of the West, can fall one, four or five weeks later.

A fixed date for Easter has been discussed and supported among some churchmen—the second Sunday in April being proposed. Adoption would depend on agreement being reached among the various churches.

In addition to its religious significance, Easter is a time of other observances born of traditional celebrations of spring.

Just as the earth is dressed in a new cloak of greenery, people often wear new clothes for Easter. The idea of Easter eggs comes from ancient Egypt and Persia. The eggs are a sign of new life.

Rabbits, being fertile and prolific, are also symbols of the regeneration of life. Legend has it that the eggs are laid by the Easter rabbit on Easter eve.



Chaplain's Corner

'Without the shedding of blood, there's no remission for sin'

By LT M. Kathy Brown
Chaplain Corps, U.S. Navy

"And when they came to the place which is called 'The Skull,' there they crucified him. . ." Luke 23:33.

As we rapidly approach the Easter season, many people are beginning to revere the death, burial, and resurrection of Jesus Christ in that the shedding of innocent blood was for the remission of our sins. Yet others revere this season as a time for new clothes and bunny rabbits.

It's a very simple thing to say that Christ died for the sins of the world. But it is a different thing to make it personal by saying that "Christ died for my sins."

If we could just for a moment look in retrospect at the Cross experience where the crowd gathered and mocked him. It's hard for us to visualize ourselves standing there; but we were. The words uttered from Jesus as he hung there, "Father, forgive them for they know not what they do," included us—that we, too, might be saved.

Christ died, but rose again that "we should walk in the newness of life" (Rom. 6:4). This "newness" is expounded upon as the Apostle Paul declared, ". . .he who has died is freed from sin. But if we have died with Christ, we believe that we shall also live with him." (Rom. 6:7-8).

The songwriter expressed the thought, "He was hung up for my hang-ups on the cross," which says Jesus died for all of my guilt, doubt, disappointments, etc.—everything negative, He hung there for. Nevertheless, as the song goes, on the third day "He rose again, couldn't no power on earth tie him down. He rose again, death couldn't keep Him in the ground."

Without the shedding of the innocent blood of Jesus Christ, God's son, there would have been no remission for sin. "But thanks be to God, who gives us the victory through our Lord Jesus Christ. (1 Corin. 15:57).

NAVAL REGIONAL MEDICAL CENTER
OAKLAND, CALIFORNIA

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Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF Naval Regional Medical Center, Oakland, CA 94627.

Training emphasis on EEO

Training sessions are now being held throughout the command to acquaint military and civilian supervisors and all workers with the Equal Employment Opportunity (EEO) program.

In most instances, the training, of less than an hour's duration, is conducted by Weldon Miles or Mary Smith in the work spaces of the various hospital services; however, personnel of the larger services may receive the orientation in the Clinical Assembly or a conference room, as appropriate to the size of the group.

Subjects being discussed are the organization of the program, its functional areas, the roles of the Commanding Officer and his deputy, the EEO collateral duty counselors, and the employees themselves. Each session will be followed by a question and answer period where personnel are invited to submit questions about the program.

EEO complaints and/or comments may be also called in to Ext. 2554 at any time of the day or night. Questions recorded will be answered by the full-time EEO counselors.

Additional advanced EEO training for all hands is scheduled to begin in mid-July after all personnel have completed the initial phase.

IG team to visit May 18-June 4

Rear Admiral R.C. Elliott, Inspector General (Medical), and several members of his staff will visit Naval Regional Medical Center Oakland and its branch clinics during the period of May 18-June 4 for the purpose of a routine inspection. This will be the first such inspection of this medical center since April 1979.

The purpose of the Navy's Command Inspection Program is to ensure readiness, effectiveness and efficiency in performing the assigned mission of the unit. The process functions as an advocate to identify problems and facilitate corrective action. Compliance with regulations, directives and professional standards will be reviewed.

Following its Bay Area visit, the team will inspect Lemoore Naval Hospital during the period June 7-10.

NEA membership open for civilian employees

New memberships are being taken and it's also renewal time for those already belonging to the Naval Employees' Association, according to Gladys Mitchell, NRMC Oakland representative.

Membership in the NAS Alameda-based civilian employees group offers merchant discounts, dental plan and whole life insurance, among other benefits. Membership fee is $6 per year.

Gladys also has the latest Federal Employees Almanac for sale to NEA members at discount price.

For more information, call her at Ext. 2518 or 2519.

CAT scanner slated for repair

The Computerized Axial Tomography (CAT) scanner on the first deck is tentatively planned to be inoperative during the period April 19-30 to allow for previously scheduled maintenance and installation of air-conditioning components.

Urgently needed scans will be performed at other local hospitals having should be postponed during that period, said Captain Joseph P.Smyth, Director of Clinical Services (DCS).

The period set for shutdown is tentative, depending upon the delivery of parts. Those physicians wishing to confirm the equipment's availability during that period may call either the DCS Office, Ext. 2451, or Public Works, Ext. 2211.



SECURITY—A sign on the door reading "Keep Linen Doors Locked" emphasizes BUMED instruction for safeguarding hospital linens. Lieutenant Robert Burg, Assistant Chief of Operating Management Service, checks adherence to the policy as Nurse Corps Commander Shirley Hicks obliges. The medical center completed its twice-a-year linen inventory last week. (For feature on the laundry operation, see Pages 6 and 7.



ANTICIPATION—Ana Maia Marsh, "nearly" 3, isn't going to let Easter Day arrive and find her unprepared. While she dons her holiday finery for Mommy's final fitting, she clutches a couple of Easter baskets just in case the bunny comes early. The little miss is the daughter of Lieutenant (Junior Grade) and Mrs. Scott Marsh. (Photo by Dad)

New CNO nominated

President Ronald Reagan has nominated Admiral James D. Watkins to succeed Admiral Thomas B. Hayward as Chief of Naval Operations this summer.

If confirmed by the Senate, Admiral Watkins, presently Commander in Chief of the Pacific Fleet, will assume the responsibility in July.

Admiral Watkins, 55, is a Navy propulsion expert and former submarine skipper whose other service also included commanding the Sixth Fleet in the Mediterranean. A 1949 graduate of the Naval Academy at Annapolis, he is a native Californian.

The President also announced General Charles A. Gabriel as his choice for Air Force Chief of Staff. He earlier named Army General John Vessey to become Chairman of the Joint Chiefs of Staff, effective July 1.

Admiral Hayward's future plans had not been announced at this writing.

Open season

(continued from page 1)

member of the organization.

OPM reports that it has tentatively scheduled another open season for later this calendar year. It would run from Nov. 22 through Dec. 10, 1982.

The decision to hold an open season in the health benefits program was made following administrative hearings held in Washington, D.C. by OPM Feb. 22-23.

Easter Services at Oak Knoll

Pastoral Care Service announces the following special events and emphasis for Easter Week at Naval Regional Medical Center, Oakland:

Holy Thursday
April 8
Chapel of Hope

12 noon—Catholic Mass of the Last Supper
12:30 p.m.—Protestant Holy Communion

Good Friday
April 9
Clinical Assembly

12 noon—Catholic Solemn Good Friday Liturgy
12:30 p.m.—Protestant Devotions

Easter Sunday
April 11
Chapel of Hope

8:30 a.m.—Catholic Mass
10:30 a.m.—Protestant Divine Service
12 noon—Catholic Mass



Former Oak Knoll intern killed in midair plane crash



Medical Corps Lieutenant Charles W. Gehrke, Jr., who completed a basic surgery internship at NRMC Oakland last August, was killed as two Navy T-34 Mentor aircraft collided in midair over Florida last month.

Dr. Gehrke, who was in flight surgeon training, and a Marine Corps flight instructor in the same plane died in the crash. Two crewmembers in the second aircraft parachuted to safety, but suffered slight injuries. Cause of the crash is under investigation.

The 34-year-old physician was a former aviation jet mechanic in the Navy, working with pilot survival equipment, and served aboard an aircraft carrier for one year. He subsequently earned a master of science at the University of Missouri and a doctorate of osteopathy at the Kansas City College of Osteopathic Medicine.

In an information sheet sent to this command before he began his internship here, the doctor said, "Aviation has always held a special interest for me." He told friends here he planned on entering into a pathology residency after completion of his flight surgeon training.

Dr. Gehrke is survived by his parents, Mr. and Mrs. Charles W. Gehrke of Columbia, Mo., and an eight-year-old son.

College credit now available for HN and HM ratings

Two hats are better than one.



The American Council on Education has evaluated recommended credits for the ratings of Hospitalman (HN) and Hospital Corpsman (HM). These credits are effective now and will be published in the 1982 ACE Guide-Navy.

For Hospitalman (E3) the recommended semester hours are 2-health and hygiene, 3-nursing techniques, 4-5 clinical nursing, 2-emergency medical techniques, and 1-medical terminology. These 12-13 credits are added to each of the Hospital Corpsman ratings.

Credits for HM3 are 1-cardiopulmonary resuscitation (CPR) and 2-advanced first aid, for a total of 15.

Credits for HM2 are 1-CPR, 2-advanced first aid, 3-medical laboratory techniques, 3-records management, and 1-human relations, for a total of 22.

Credits for HM1 are 1-CPR, 2-advanced first aid, 3 medical laboratory techniques, 3-records management, 2-human relations, 2-supervision, 3-sanitation, and 3-personnel office procedures, for a total of 31.

Credits for HMC are 1-CPR, 2-advanced first aid, 3-medical laboratory techniques, 3-records management, 3-human relations, 3-personnel supervision, 3-sanitation, 3-personnel office procedures, 2-communication skills, and 3-business organization, for a total of 38.

Credits for HMCS are the same as that for HMC. Fifteen semester hours of upper division credit may be used in lieu of lower division credits. They are 3-personnel management, 3-business management, 3-field experience in management, 3-human relations, and 3-health care administration, for totals of 38 lower division or 27 upper division credits.

Credits for HMCM are the same as HMC in the lower division: 38. For upper division, credit recommendations are 3-personnel management, 3-business management, 6-field experience in management, 3-human relations, 3-health care administration, and 3-health care planning, for a total of 33.

An evaluation has also been received for "Leadership and Management Education and Training." In the upper-division baccalaureate category, three semester hours in industrial management or industrial psychology or leadership development or management elective are recommended.

Your Navy Campus counselor will give you the DD295 form and advise on college acceptance of these credits, as well as other ratings and service schools. Appointments may be made by calling 639-2003, or stop by Staff and Education Training, 6 South, and meet Mrs. Marj Stillings, Navy Campus counselor, who is here from Treasure Island every Tuesday and Thursday from 8 a.m. to 3 p.m.

Good places to retire

The 10 best retirement areas for civilians in the United States according to Consumers Digest are:

Mountain Home, Arkansas
Edisto/Beaufort, South Carolina
San Antonio/Austin, Texas
Clayton, Georgia
New Port Richey, Florida
Richmond, Virginia
Medford, Oregon
Asheville/Hendersonville, North Carolina
Truth or Consequences, New Mexico
Port Isabel, Texas

These areas were identified as providing all usual benefits retirees look for. The listing illustrated, also, the existence of a wide range of options outside the traditional retirement centers.

Cycle 92 advancements slated

Some 37,595 Navy men and women who competed in the Cycle 92 advancement exam will be promoted to paygrades E-4, E-5 and E-6 in the next three months. 5,211 will advance in April, another 5,211 in May, and the remaining 27,173 will receive promotions in June. The advancements will be "fair-shared" within all ratings and will be effective on the 16th of the month.

2,061 regular and reserve personnel on active duty will be promoted to petty officer third class, 1,831 to second class and 701 to first class in both April and May. In June 12,267 will advance to E-4, 10,714 to E-5 and 3,990 to E-6. Personnel in the TAR Program will receive 21 hikes to E-4, 32 to E-5 and 25 to E-6 in both A and May, while in June, 67 will promoted to petty officer first class

Detailers to visit

Master Chief Dental Technician C.E. Hall, Dental Technician Detailer, will visit this command on April 6, while Senior Chief Hospital Corpsman R.B. Littlejohn, Hospital Corpsman First Class D.B.Marinas and Hospital Corpsman Second Class M.F. Sheridan, detailers for that corps, are expected to be onboard April 5 through 7.

Personnel desiring to submit school requests, Guard III requests, or whose PRD/EAOS is within six months, should call the Career Counselor's Office (Ext. 2235) for appointments with the detailers.

Course for sickle cell counselors

Sickle cell counselor training and certification program will be conducted at Alta Bates Hospital in Berkeley, May 18-21.

This program is designed to train and certify sickle cell counselors and educators to provide advice and education to individuals found to have various hemoglobin opathies, and to offer education about these disorders to a variety of audiences. It is held three times a year at the hospital in Berkeley.

All nurses successfully completing the three-and-a-half day course and workshops will receive 22 continuing education units. A fee of $25 is charged to cover the cost of printed materials.

For more information, call Sarah Jane Nelson at Children's Hospital Medical Center, 428-3452.

ONI marks 100th birthday

The Office of Naval Intelligenc (ONI) reached the 100th anniversary its founding March 23. It is the olde intelligence agency in the Unit States, and may be the oldest in co tinuous existence in the world.

Before ONI was founded, the co lecting of information on naval matte was spread through several differe Navy bureaus. A small group of nav officers was dissatisfied with th situation, and the uncoordinate approach toward intelligence gatherin that it created. They founded the U. S Naval Institute, a private organizatio not associated with the Navy Dep ment, and established the unoffici magazine *Proceedings*, to publiciz their views. The magazine, which is n longer tied to persons in the Nav Intelligence Community, influenced t views of many high-ranking Nav officials, military and civilian.

One of the early secretaries of th group, LT Theodorus B. Mason, took leave of absense from the Navy to to Europe and observe the directions th European navies were taking in tactic and naval architecture. Mason returne to the U. S. and became the first "Chie Intelligence Officer" when ONI wa established by General Order of Nav Secretary William Hunt in 1882.

Over the years, ONI's responsibilitie grew to include War Planning Strategic Studies, Decoding Cable Censorship, Public Affairs, Photo interpretation, The Naval Attach Program and Translation. Many o these duties have since been transfe red to other Navy Department office



PATRIOTIC—As one way of observing Patriots Day on March 16, members o the Castro Valley Chapter, Order of Demolay, brought boxes of paperbooks t donate to the inpatients at Oak Knoll. Dropping off one box of paperbacks with Lieutenant (Junior Grade) Michael Watkins of 6 West were Matt Wilson (left) and Kevin Lee. Also assisting in the delivery of the books to all the nursing sta tions was Brent Goodale, another Demolay member. Escorting the youths in their hospital visit was Lieutenant Mary K. Brown, Duty Chaplain.

USS SAN DIEGO aids ill survivors of sunken ship

In early March, while returning to Norfolk, Va., following a six-month Mediterranean deployment, the combat stores ship USS SAN DIEGO (AFS 6) was called on to provide medical aid to the survivors of a tragedy at sea. The Swedish merchant vessel "NORRLAND" had earlier rescued 16 crewmembers of the "GOLDEN DOLPHIN," which had burned and sunk that day in the Northwestern Atlantic. One survivor was a diabetic. His insulin had been left behind when he was forced to abandon ship.

Through contact with Atlantic Fleet Headquarters, the U. S. Coast Guard determined that SAN DIEGO was in a position to rendezvous with the NORRLAND and offer aid. On the morning of March 9th, believing NORRLAND to be near, SAN DIEGO launched both its embarked helicopters (from Helicopter Combat Support Squadron Six, Detachment Two) to search for the Swedish ship. The NORRLAND was sighted soon after, 40 miles away. LT Martin Bacon, SAN DIEGO's medical officer, was already airborne and transfered quickly to the NORRLAND.

SAN DIEGO steamed in company with the Swedish ship for three hours while LT Bacon treated survivors. After the medical officer returned by helicopter, the ships resumed opposite courses to Norfolk and Gibraltar.

By radio, as the ships parted company, the master of the sunken GOLDEN DOLPHIN expressed his sincere thanks for SAN DIEGO's help, "In the tradition of men who go to sea."

West Virginia OKs tuition rate

West Virginia is the most recent of 33 states to grant resident tuition rates to active duty service members and their families taking college courses in the state. Active duty members must be stationed in the state to qualify.

The Department of Defense is continuing efforts to obtain resident tuition rates for service members in the remaining 17 states. They are: Alabama, California, Colorado, Connecticut, Delaware, Indiana, Maryland, Massachusetts, Michigan, New Hampshire, New Jersey, New York, North Carolina, Pennsylvania, Vermont, Virginia and Wyoming.

Some people have wrong idea on fluorescent energy use

Does a fluorescent light have to be turned off for a half-hour before the energy saved equals the energy used in initially energizing the light? Many people think so, but this is a misconception.

With a two-tube rapid-start fluorescent luminaire the total starting current lasts for about one second. The initial in-rush current lasts for only one-half cycle (1/120 second) and has a peak value about five times as large as the steady state peak. This in-rush current does not use a significant amount of energy since it lasts for such a short time. Thus, fluorescent lights only have to be turned off for ONE SECOND in order to save the amount of energy that will be expended when the lights are initially turned on again.

Lamp replacement

Fluorescent lamp life is dependent on the filament electron emissive coating. The coating slowly evaporates during lamp operation. Usually more important is that each time the lamp is started, some of the coating erodes. When fluorescent lamps first became popular in the '40s, lamp life was substantially reduced if the lamp was operated for short periods of times. Throughout the '50s and '60s, lights in numerous buildings were left on continuously—24 hours, every day. It was calculated that the cost of electricity to operate these lights was less than the cost of more frequent lamp replacement. Many people left the lights on when they left a room, even for as long as the lunch hour. Again, they thought that turning off the fluorescent lights simply was not economical.

While this may have been true years ago, advances in the construction of fluorescent lamps have increased their life. Lamp life is still reduced if they are operated for short periods of time, but this is not as detrimental as it was once. It must be remembered that while switching lamps on and off reduces lamp life, it also reduces the operating time. For example, a standard F40 rapid-start fluorescent lamp operating continuously has a lamp life of 38,000 hours. Since a year has 8,760 hours, this lamp should burn out in 4.3 years. On the other hand, the same lamp operating 12 continuous hours per day has a lamp life of 30,000 hours. Although lamp life is reduced 20 percent, operating time is reduced by 50 percent. Thus, the lamp would take 6.8 years to burn out. In this instance, both replacement and electric costs have been substantially reduced.

Rated fluorescent lamp life is normally based on a three-hour operating cycle. This assumes the lamp will be switched on and off several times during the day. Under these conditions the F40 lamp is rated at 22,000 hours. For a 40-hour work-week, the lamp would last for about 10 years based on rated life. In fact, detailed economic studies of trade offs between fluorescent lamp replacement and electric costs have shown that anytime a room is to be vacated for more than a couple of minutes, the fluorescent lights should be turned off. Therefore, turning off lights as you leave a room is a good habit to develop.

Other lights

What about other types of lamps? Since short operating periods have little effect on the life of incandescent lamps, they should ALWAYS be turned off when a room is vacated. High intensity discharge (HID) lamps, such as mercury vapor, sodium vapor, and metal halide, require several minutes to warm up. In addition, when they are turned off, they need several minutes to cool off before the ballast will restart them. Consequently, HID lamps should not be turned off unless the shut-off period is longer than 20 minutes. **(Civil Engineering Laboratory, Naval Construction Battalion Center, Port Hueneme, Calif.)**

Great Lakes apprehends 23 for drug offenses

An investigation of alleged drug trafficking at Naval Regional Medical Center, Great Lakes, Ill, resulted in the March 8 apprehension of 23 Navy personnel.

The Naval Investigation Service operation also resulted in the seizure of two private vehicles from which drugs were being sold.

Our patients write. . .

I was treated in your Ophthalmology Clinic on Feb. 17, 1982 and was favorably impressed with the facilities and treatment. The personnel at the reception desk were most courteous and very cooperative. I was especially impressed with the professional manner in which LCDR Lynn W. O'Neal treated my case.

In an age where long waiting lines and service "by the numbers" is so common, I was glad to see that you and your clinic are going out of your way to become an exception. Please pass on my sincere appreciation to LCDR O'Neal for a job well done!

Jerome N. Davis, Jr., Major, USAF
Castle Air Force Base

This is to inform you that I am very pleased with the results of my weight reduction program. I entered Commander (sic) Love's program in June 1981 weighing about 35 pounds more than I should. By using a combination of Commander Love's diet program and my own exercise regimen, I was able to lose 35 pounds before Christmas 1981. I now feel more comfortable, I eat less, I am complimented on my appearance, and I can wear clothing that shows off my new physique rather than trying to hide it.

Without the Commander's interest in my well-being I could very easily have slipped back to my old eating habits. He has helped show me the way to a better way of living.

Please convey to Commander Love my sincere thanks for all he's done for me.

Terrance I. Easton, MSgt, USAF-Ret.
Union City

I wish to express my appreciation to the staff of Oak Knoll Naval Hospital for the wonderful care accorded me as a patient after being admitted to emergency Jan. 26, 1982 for. . .

The receiving room personnel were efficient and comforting. Dr. Van Wagnen, the physician from Internal Medicine whom I had been seeing on a regular basis, arrived in minutes and was both supportive and reassuring.

During the three and one half days I spent on 9 West, I was treated with professionalism and courtesy. I was made aware of all medications, treatments and procedures so I would be better able to care for myself. Each of the corpspersons, technicians, nurses and doctors with whom I came in contact were genuinely concerned for my well-being.

I would particularly like to thank Doctors Gullickson and Chapman who attended me on 9 West and Dr. Van Wagnen who continues to work patiently with me, always encouragingly, to control my troublesome. . .

It is nice to know that they are there when I might need them again.

Patricia Anne Coyne
Orinda

Lost documents may not preclude applying for benefits from VA

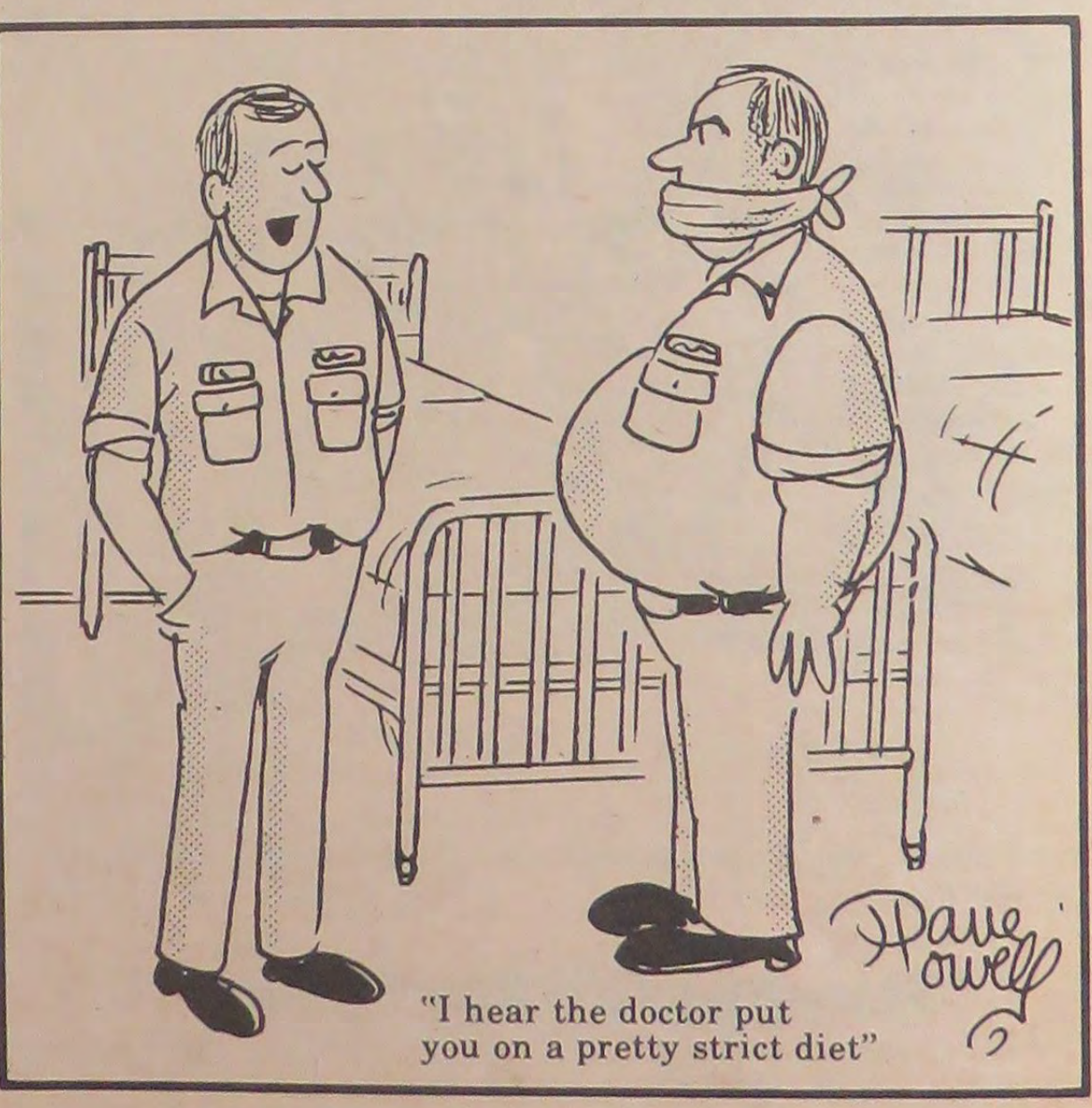
The director of the San Francisco Veterans Administration Regional Office, Paul D. Ising, says some veterans and their dependents do not apply for benefits because they cannot locate a marriage or birth certificate.

Veterans or dependents are encouraged, Ising advised, to apply for benefits even though they do not have these documents. In some cases, he said, a certified statement from the applicant is sufficient.

If additional evidence is needed, the VA will assist applicants in obtaining documents or advising of secondary forms of evidence that may be acceptable.

Veterans or dependents with questions about eligibility for benefits are urged to contact the San Francisco regional office; a representative of one of the national veterans organizations, or a local county service officer.

The VA regional office is located at 211 Main Street (corner of Main & Howard). Toll-free phone lines into the regional office are listed in the white pages of local phone books under 'U.S. Government.'



"I hear the doctor put you on a pretty strict diet"

Laundry employee clean linens vital t

One of this medical center's primary missions is to provide quality health care to its patients. That care may be given in ward beds, in operating room suites, or on clinic exam tables. In each location, linen is used and with usage, must be laundered.

Just how important is clean linen? How often does the linen need to be laundered in a hospital?

Clean linen in the Operating Room (OR) is essential, and on most wards, imperative in the treatment of patients, so the answer to the last question is obvious—linen needs to be washed daily, and beds often changed several times a day. The linen used in the OR is made up into packs and sterilized in the Central Sterilizing Room.

NRMC Oakland's laundry, supervised by Tom Payne, **averages 8,200 pounds a day.** The 27 employees of the Laundry Branch of Operating Management provide service for all the inpatients, operating room suites, outpatient clinics and the Bachelor Enlisted Quarters at Oak Knoll. Additionally, they launder the linen of Naval Hospital Lemoore, eight of our branch clinics and the Naval Regional Dental Center and its branch clinics.

Items cleaned include blankets, pillow cases, pillows, washcloths, towels, cubicle curtains, window drapes, patient gowns and pan diapers and pajamas, mattress pa sheets, surgical apparel and drapes and mop heads for the housekeep crew. The Laundry's Mending Sect manufactures specialty items such restraints and sheets for circular be used in certain patient care situation

The most recent twice-a-year lin inventory was conducted here Mar 23. Its primary purpose was to prov an accurate count so that replacem linens may be ordered. This replac ment is predicated upon an estimate 150 washings per item, based on a s day inventory of linen on hand, and average lifespan of 2.5 years per ite Accordingly, the expected annual lin replacement cycle for survey is 20 p cent of the total inventory on ha Allowing a 20 percent per year t nover for unaccountable linen los total annual replacement equals percent per year.

Our current laundry inventory valued at approximately a half mil dollars. The replacement budget $120,000, only 24 percent of t inventory amount. This leaves manag ment with two possible alternatives reduce the survey percent by increa ing the lifespan of the linens, o reduce the percentage of unaccounta ble losses.



JOURNEY BEGINS—Bags of dirty linen are brought to the back dock where David Lankford (left), a team leader involved in the laundry service, instructs Ernest Starks and Ray McDowell, while Fred Taylor, housekeeping head, checks the load at right.



IN TRANSIT—From the dock to Bldg. 8, Santos Marin (left) receives the soiled linen as driver Gene Armstrong assists with the cart and Warren White waits for the platform to be lowered.



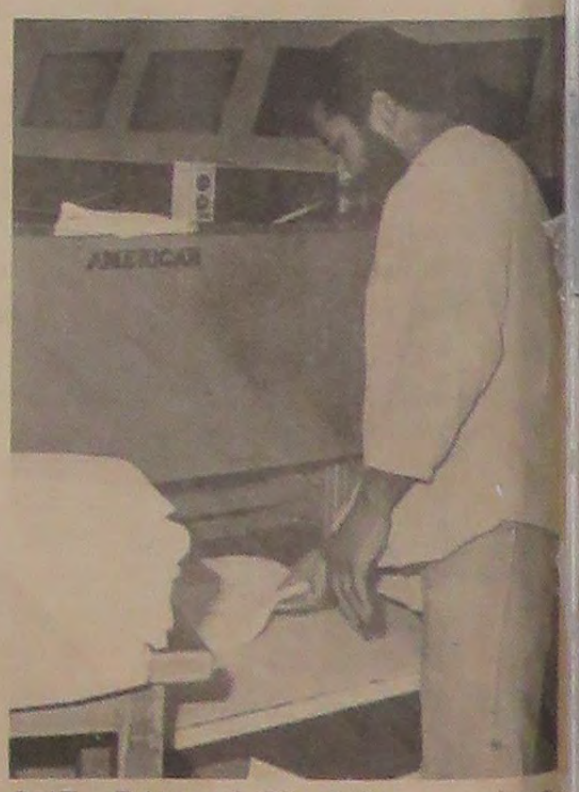
HEAVY LOAD—Jerry Davis unloads 400 lbs. of wet linen from one of the four large washers.



DRYING—Pauline Bennett oversees dry gowns and blankets spun out of the largest dryer in the laundry.



NEARING COMPLETION—Towels and pillow cases are dried and folded on one of two machines. Here Sivlean Merchant feeds a three-roll ironer.



OUT—Edmond Singleton receives folded sheets from the ironer and sends them down a conveyor belt to be wrapped.

Story by LTJG Scott Marsh

keenly aware— quality patient care

Several actions have been taken to insure the efficiency of in-house operations. A change to polyester/cotton sheets, for example, allows the laundry-persons to skip the conditioning process and move the linen directly from washer to ironer. Par levels have been established in an attempt to control the amount of pounds per patient day. The use of bedspreads and draw sheets has been eliminated. Cover gowns for visitors to maternity wards have been replaced by those made of paper. Wash-and-wear coats for doctors replace the former cotton ones, and the physicians are now responsible for maintaining their own coats. These changes have contributed to the overall efficiency of the laundry operation by reducing processing time and thus increasing productivity with a reduction in cost. "Control of linen consumption and replacement requires a commitment from top administration on down," said Lieutenant Robert Burg, Assistant Chief of Operating Management. "With this team support we have been able to move in a direction of greater control with fewer linen losses."

Officials believe that any action considered appropriate to the local situation should be taken to eliminate pilferage and stop the flow of linens into unauthorized uses. Recent Bureau of Medicine and Surgery instructions direct that clean linen storage areas, including the linen issue room, linen carts and closets,will be kept locked at all times while unattended. According to Lieutenant Commander Joseph J. Criscitiello, Chief of Operating Management, if surveyed items can be reduced and unaccountable losses eliminated, the amount not spent in upkeep can go to upgrade the quality and increase the linen supply from four to the ideal objective of six days on hand.

Anyone who has ever been a patient, either in a hospital or in a doctor or dentist's office, will agree that there is something psychologically comforting about clean, fresh-smelling linen. No matter how much we hurt, being wrapped in clean gowns and sheets seems to impart the feeling that everything is going to be all right, after all. And when we see a doctor, a nurse, or a corpsman attending us in an immaculate frock or uniform, we know we are in the hands of professionals. Not often, however, do we remember that another brand of specialist—the man or woman who launders and presses these linens—also performs the valuable service of contributing to high quality health care.



TEAMWORK—Alma Davis (left) and Siscily Brant work together at the six-roll iron which folds linen 36-inches or smaller.



IN—Luther Williams and Betty Washington feed the eight-roll hypro-ironer.



FOLDING—Farrell Harris, Ruth Riggins and Galvin Nuckolls hand-fold scrub tops, pants and pajamas.



SEAMSTRESS—Eunice Turner repairs some 25,000 pieces of linen each year and manufactures specially-needed items as well.



WRAPPING—Tony Adanandus plastic-wraps sheets, towels and pillow cases before placing them in the clean linen bins.



FINAL DESTINATION—Hospitalman Lillarosa Blake (left) and Nurse Corps Lieutenant (Junior Grade) Margaret Minogue remake a patient's bed with clean linens returned from the laundry.

Photos by HM 1 Garry Silk

Cannabis and its adverse effects on health

"Son, we used to smoke that stuff while standing on the street corner singing, so, I know what you're talking about," said the old man. "But, I had this best friend who couldn't stop like the rest of us, and today he's out in that city sanitarium. The man just can't think for himself any more."

Marijuana (alias "grass," "pot," "smoke" or "weed") is a common plant with the botanical name of *Cannabis sativa*. The main psychoactive (mind-altering) ingredient in marijuana is delta-9-tetrahydrocannabinol or THC, although more than 400 other chemicals are also contained in the plant. A marijuana cigarette (joint) primarily determines its psychoactive potential. In recent years, the strength of street samples of marijuana has increased substantially. In 1975, samples exceeding 1 percent were rare; by 1980, samples with 5 percent THC were common. The more potent marijuana increases the physical and mental effects and the possibility of health problems for the user.

Most users of marijuana experience an increase in heart rate, reddening of the eyes, and dryness in the mouth and throat. Studies of marijuana's mental effects have revealed that the drug temporarily impairs short-term memory, alters sense of time and reduces the ability to perform tasks requiring concentration, swift reactions and coordination. Many feel that their hearing, vision and skin sensitivity are enhanced by the drug, although these reports have not been objectively confirmed by research. Feelings of euphoria, relaxation, altered sense of body image and bouts of exaggerated laughter are also commonly reported.

In some users, a single dose of cannabis can produce adverse reactions ranging from mild anxiety, through panic and paranoia, to an acute psychosis characterized by detachment from reality, delusions, hallucinations or illusions and bizarre behavior. These reactions occur most frequently in individuals who are under stress, anxious, depressed or borderline schizophrenic. But, they can also occur in normal users who inadvertently take much more than their usual dose. Limited evidence from survey studies suggests that the mild reactions have been experienced on one or more occasions by more than half of regular users. The severe reactions, which appear to occur in only a small percentage of users,usually respond well to psychiatric treatment and last no longer than one or two days.

There has been a great deal of controversy about the effects of chronic heavy use of cannabis on brain function. There is evidence that such use can lead to lasting behavioral changes in some users. Apathy, lack of concern for the future and loss of motivation have been described in some heavy users, and psychotic and paranoid symptoms in others. These symptoms usually disappear gradually when regular drug use is discontinued and recur when drug use is resumed. These reactions are relatively rare, although case studies suggest that certain cannabis users may be particularly susceptible. Many psychiatrists are concerned about such reactions in youthful drug users (11-15 years of age) because of the possibility that regular use may produce adverse effects on psychological, as well as physical, maturation. This concern, of course, applies to the use of all psychoactive drugs used by juveniles. For reasons that are still unclear, a few users experience spontaneous recurrences of the symptoms of acute intoxication ("flashbacks") days or weeks after consuming marijuana.

Physical dependence on marijuana has been demonstrated on research subjects who ingested an amount equal to smoking 10 to 20 joints a day. When the drug was discontinued, subjects experienced withdrawal symptoms—irritability, sleep disturbances, loss of appetite and weight, sweating and stomach upset. Tolerance to marijuana—the need to take more and more of the drug to get the original effect—has been proven in animals and humans.

In essence, clinical observations from many parts of the world have long suggested that regular heavy use of cannabis may produce lung damage; impair reproductive and endocrine functions; cause long-lasting disturbances of behavioral and brain function; and lower resistance to infection. People especially at risk with even moderate doses of marijuana include anxious, depressed or unrecognized-psychotic individuals; heavy users of other drugs (prescription or non-prescription); pregnant women; some epileptics; diabetics; individuals with marginal fertility; patients with chronic diseases of the heart, lungs or liver. In addition, adolescents who are undergoing rapid physiological and psychological development may be particularly susceptible to the development of a life-long pattern of use and to the effects of long periods of cannabis intoxication. They may also b more prone to cannabis-related traffi accidents because of their lack of driv ing experience and may be affecte more by possible hormone balance dis ruptions.

"I'm telling you, there's no suc thing as a good joint," warned th elder. "Isn't it time for you to qu smoking that mess?" **(NES)**

Note: A recent report from th American Medical Association's Divi sion of Scientific Activities has con firmed that marijuana is hazardous t one's physical and mental health fo the same reasons cited in this article



You and the drug alcohol

Even if you don't drink, alcoholism affects you. Do you have a child in school? It's there. Are you driving tonight? It's waiting. It's where you live, work, play and worship.

It's the nation's second most prevalent disese. Alcoholism kills, maims, destroys and breaks hearts. In 1980, it cost the taxpayers tens of billions of dollars. This year, it could cost you more—including your life.

Alcohol has been found to be a constituent in the following crimes:

- Murder—86 percent of offenders and 60 percent of their victims.
- Rape—50 percent of perpetrators.
- Assaults—72 percent of offenders and 79 percent of their victims.
- Drownings—69 percent of victims.
- Suicides—64 percent of attempts.
- Fires—83 percent of fire and burn victims.
- Job accidents—18,000 deaths and 10 million injuries.
- Highway accidents—23,000 deaths.
- Domestic violence—52 percent of spouse abuse and 38 percent of child abuse. **(NES)**

Civil authorities aid Navy fight on drug abuse

Local law enforcement agencies in Seattle, Bremerton and Kitsap County have pledged "complete cooperation" with Navy commanders combatting drugs in the Puget Sound Area.

The police departments have announced they will turn over any sailor involved in drug-related offenses to Navy authorities. Any evidence or information obtained by civil agents in their investigation also will be forwarded to the Navy to assist in disciplinary or administrative action.

Naval personnel involved in drug trafficking in the civilian community will continue to be liable to prosecution by both civil authorities and the Navy.

Treatment available for drug problems

Chief of Naval Operations Admiral Thomas B. Hayward, in NAVOP 172, established the Navy's policy of zero tolerance toward drug abuse. The policy stresses the difference between Navy operational requirements and society in general, and concludes that the Navy cannot afford to be a "mirror" of society regarding drugs. *"Not on my ship—not in my Navy"* in the phrase used by the CNO to describe the Navy's attitude.

Recognizing that some drug users who want to stop using drugs may be psychologically or physically unable to do so without guidance and assistance, the Navy has established three levels of help, based on the degree of an individual's need and perceived capability for further useful service. These are counseling or remedial education provided by the local command, outpatient counseling provided by the Counseling and Assistance Centers (CAAC) and inpatient treatment provided by the Naval Drug Rehabilitation Center (NDRC) at NAS Miramar, Calif.

Local rehabilitation is aimed at the Navy member who is looking for a reason not to use drugs—one who is feeling the effects of peer pressure. Though it consists primarily of leadership, guidance and counseling provided by officers and petty officers within the individual's command, it may be the most important type of rehabilitation. It provides the opportunity to cut off the drug problem before it becomes rooted, with positive alternatives such as education, recreation or spiritual and moral guidance, if requested. It also reinforces an attitude of intolerance toward drug "experimentation."

The Drug and Alcohol Program Advisor (DAPA) is a key member who can assist in command counseling efforts. DAPAs have knowledge of the rehabilitation and counseling facilities available, can assist in referals and processing, and are capable of conducting drug and alcohol abuse awareness education. The Navy is also developing a motivational education program called the Navy Drug Safety Action Program (NDSAP). It consists of 36 hours of motivational education and attempts to change harmful behavior of individuals. The program, which is conducted after hours while participants continue on duty at their commands, is presently being piloted at selected Navy activities.

The mission of a CAAC is to provide a program of education, prevention and counseling service, to assist local commands in developing ways of identifying and rehabilitating the drug abuser and to enable an individual to return to useful naval service. CAACs provide screening services for local commands, serve as crisis centers and provide follow-up counseling to personnel returning to the fleet after treatment a the NDRC or Alcoholism Recovery Facility. They also provide drug and alcohol information and education fo shipboard or unit personnel and t Navy dependents. One advantage o CAAC assistance is that sailors remain attached to their parent command during the period of counseling. Assistance is scheduled to achieve minimum interference with normal duties.

The NDRC is designed to help t sailor who is physically or psychologically dependent on drug use There is one such center, at Naval A Station Miramar, near San Diego, Calif It provides professionally supervis rehabilitation for those whose health welfare and military effectiveness have been adversely affected to the point o physical or psychological dependenc on drugs. It treats only those abuser whom the command believes can b restored to productive service. Thos who can't be will be discharged direct from the unit or from the center.

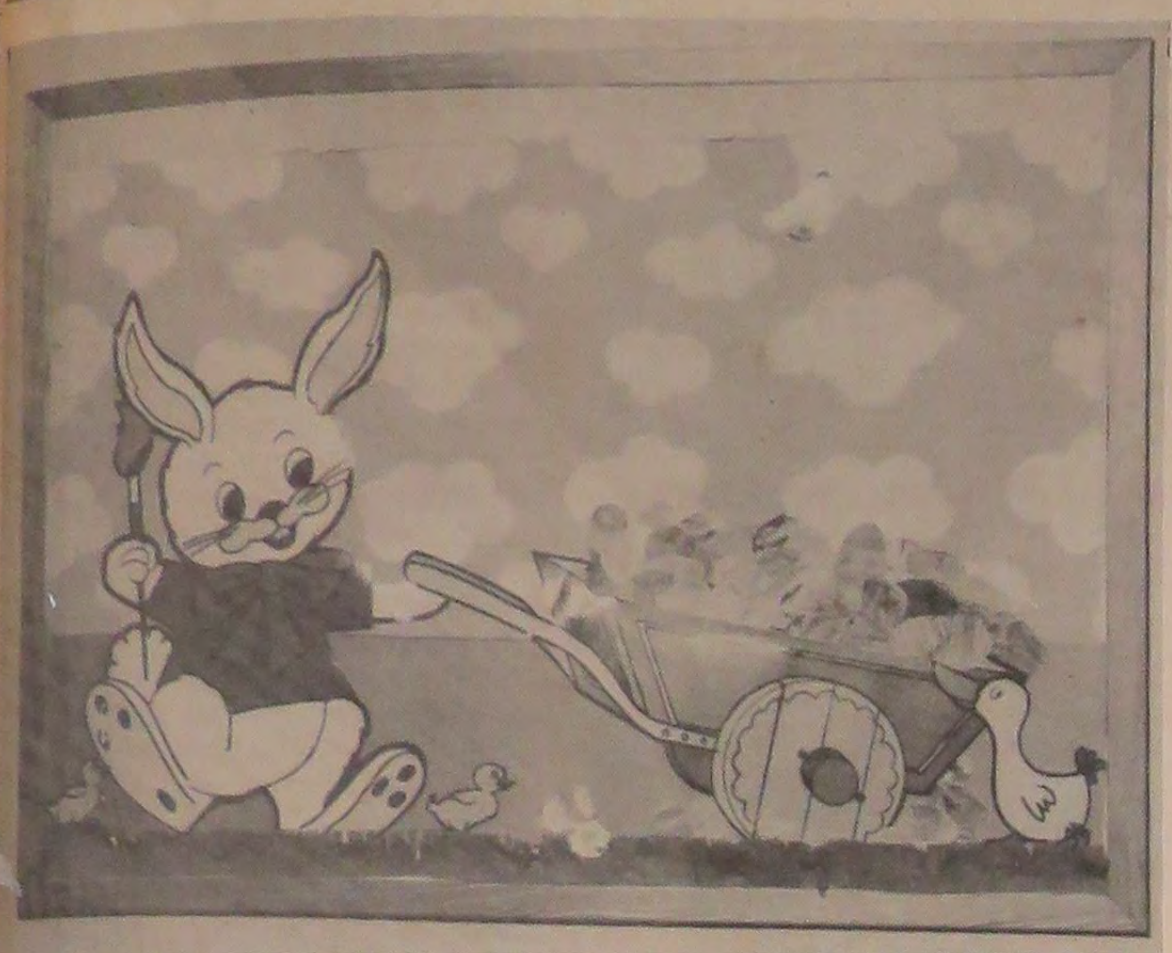
More information about Navy Drug Rehabilitation Programs is contained i OPNAVINST 5300.6B and in NAVPERS 15511, the Command Drug and Alcohol Program Guide. Above all, anyone earnestly seeking help, who is not otherwise subject to criminal prosecution, will receive the help, treatment, counseling and assistance he or she needs from trained, professional personnel who will gladly respond to their shipmates' need.

Marijuana use affects driving skill

According to the National Institute on Drug Abuse, marijuana users suffer from impaired driving ability and slowed reactions to dangerous situations.

A publication by the institute says that marijuana use delays a person's response to sights and sounds and affects the ability to perform sequential tasks. As a result, unexpected events, such as a car approaching from a side street or a child running from behind parked cars pose the most severe hazards. The greater the demands of a situation, the less able the marijuana user will be to cope.

The driver who doesn't feel "high" may still be under the influence of marijuana since its effects on driving last after the feeling of intoxication has passed.



THIS MONTH'S DECOR—April's exhibit wouldn't be right without Peter Rabbit, a duck and a couple of chicks typifying the season.



LAST MONTH'S DECOR—The Pediatric Clinic's bulletin board carried a St. Patrick's Day theme in March to the delight of all the kids, whether Irish by ancestry or only in spirit.

Ped Clinic has colorful decor

For those who have experienced the often drab and sometimes boring atmosphere surrounding hospital clinics, a stop by Oak Knoll's Pediatric Clinic may make you feel young at heart again.

Colorful decor, including mobiles and decorations of the season, greet young patients and help to relieve the anxiety of the little ones.



UNDER THE RAINBOW—Young as she is, little Jessica Black, held in the arms of nurse Lenore H. Brady, seems to appreciate the colorful decor of the clinic waiting room.

When charge nurse Lenore H. Brady, RN, transferred to the clinic in August 1980, she felt it didn't have the cheerful and child-oriented feeling it needed to make the children comfortable when they came to see the doctor or receive immunizations. "Drab surroundings don't do much to cheer up or distract little ones when they are feeling ill or getting their shots," she said.

An effort was made to brighten-up the place. The immunization room was repainted in bright yellow, green and blue, and a colorful mobile hung to distract infants while they receive immunizations. The waiting room area was also decorated, and a special bulletin board, changed monthly, was set up to focus parents' attention on specific aspects of children's health care. March emphasis, for example, was on poisons in the household and how children can be protected from their dangers.

Decorating ideas for the same month focused on leprechauns and Irish green, and we hear that the Easter Bunny and decorated eggs are right around the corner.—**HM3 Jackson Brown**



ALL-HANDS EFFORT—Pediatrics nurse Lenore Brady often gets a hand from young patients in seasonal decorations. Assisting her in coloring paper Easter eggs are (clockwise) Ricardo, Conrado and Roberto Ferrer, Charles Dunlap and Jomeca Coats.

Cold tummy? Take heed

Hypothermia can be called a "silent iller" because many of its victims are not aware of the threat. Contrary to popular belief, it can be brought on by exposure to relatively mild weather as well as severe cold.

Meaning, literally, "low heat," hypothermia is a condition marked by an abnormally low internal body temperature—typically 95 degrees or under. It may occur in anyone who is xposed to cold without enough protection.

Hypothermia can cause illness and eath. Some people die because they r those around them do not recognize symptoms. A victim may have one r more of the following:

- Puffy face.
- Uncontrollable shivering or complete lack of shivering even though a oom is chilly.
- Mental confusion and forgetfulness.
- Sleepiness and difficulty in waking.
- Slow breathing; slow heart rate.
- Stomach that is cold to the ouch.

If you believe someone may be a victim of hypothermia, call an ambulance r rescue squad immediately. Before elp arrives:

- Limit movement. Insulate the victim with available covering such as lankets, towels or newspapers.
- *Do not* give a hot shower or bath. his may cause sudden shock or death.
- *Do not* give alcohol or drugs. This ay cause a greater loss of body heat.

To avoid hypothermia, here is some ractical advice:

- Wear warm clothing. Wear several layers of loose clothing instead of heavy or tight clothing.
- Use extra blankets because hypothermia can develop during sleep.
- Be aware that certain medications prevent the body from regulating temperatures normally, such as medications for anxiety, depression and nausea. (Check with your doctor or a pharmacist for information on drugs that increase susceptibility to hypothermia.)
- Remember that alcohol gives you a "sensation" of warmth but it actually increases the loss of body heat.

VA seeks bids from counselors

The Veterans Administration has announced that it is seeking bids for private contractors to provide readjustment counseling services to eligible Vietnam-era veterans living in areas which cannot be adequately or conveniently served by existing VA-run Vet Centers.

Readjustment counseling, for purposes of the contracts, will involve counseling by social workers, psychologists, psychiatrists or other counselors, individually or in concert, to help Vietnam veterans still having readjustment problems.

Interested parties may request bidding documents by writing the Contracting Officer (134C), Veterans Administration Medical Center, 4150 Clement Street, San Francisco, Ca. 94121.

Outpatient surgery rules change

Some patients will be able to save money by having surgery performed on an outpatient basis instead of in a hospital, due to a recent change in CHAMPUS procedures.

The new ruling, approved recently by Dr. John F. Beary, III, the senior health official in the Department of Defense, allows CHAMPUS to share the costs of outpatient surgery on the basis it had shared inpatient costs in the past.

The change, which is retroactive to Dec. 19, 1980, is intended to save money for both the beneficiary and the government. Inpatient rates under CHAMPUS are less than outpatient rates and the overall costs of outpatient surgery are normally less than those for surgery performed in a hospital.

Active duty dependents will now pay $25 for outpatient surgery. Under outpatient cost-sharing they were required to pay $50 deductible (if it had not been paid already for the fiscal year) plus 20 percent of all subsequent charges.

For retirees and their dependents, the rates for inpatient and outpatient surgery are the same (25 percent of authorized costs) except that a deductible is not required under inpatient cost sharing.

CHAMPUS officials estimate that savings to the government will amount to $1.3 million over the four-year period 1982-1986.

A list of surgical hospital procedures that qualify for the special cost-sharing procedure is being made available through local health advisors and CHAMPUS fiscal intermediaries.

To qualify as authorized providers under CHAMPUS, ambulatory (outpatient) surgical centers must be accredited either by the Joint Commission on Accreditation of Hospitals (JACH), the Accreditation Association for Ambulatory Health Care, Inc. (AAAHC), or such other standards as authorized by the Director, OCHAMPUS.

Ambulatory surgical centers will be paid on the basis of CHAMPUS-determined reasonable costs.



Jan Rusnell

Ms. Jan Rusnell joins civilian staff

Ms. Jan Rusnell, new Position Classification Specialist in Civilian Personnel Service, is a recent transfer to this command from Letterman Army Medical Center, San Francisco, where she was employed in the same capacity for a year and a half.

Ms. Rusnell, born in Alba, Mich. and educated in the same state, has 26 years' federal civil service.

She was employed in the U. S. Attorney's Office in San Francisco for 15 years, and previous to that job worked in the Washington, D.C. area where she was employed at various times for the U. S. Information Service, the Federal Aviation Administration, and the Federal Bureau of Investigation.

During her federal career she has received three quality step increases and two awards for beneficial suggestions.

"I'm delighted to join the staff here," she said. "Everyone thusfar has been very nice and I'm looking forward to working at Oak Knoll."

Single, she makes her home in Emeryville, enjoys hiking and the hobbies of arts and crafts.

VA names LeVois to head office

Maurice LeVois, a doctoral candidate in health psychology and health systems research at the University of California, San Francisco School of Medicine, has been selected to head up a new Veterans Administration office dealing exclusively with matters relating to Agent Orange.

According to Charles T. Hagel, VA's Deputy Administrator who heads the agency's Agent Orange Policy Coordinating Committee, LeVois' new office, the Agent Orange Research and Education Office, should ensure clear policy guidance and solid management of the many Agent Orange related activities in which the VA is involved.

"The Veterans Administration should lead the way in resolving the Agent Orange question through our medical and scientific research project," Hagel said, "and I believe the formation of this new office is a step in the right direction."

Hagel continued: "It is my intention that this new office become the single focal point for all VA Agent Orange matters and that it provide guidance and oversight for all of these activities."

The deputy administrator pointed out that VA's Department of Medicine and Surgery will continue to play a lead role in the VA's Agent Orange program, working closely with the new office.

Kudos.....

FROCKINGS

To Captain, Sidney Blair, Medical Corps, and Michael Lucas, Dental Corps.

CIVILIAN LENGTH OF SERVICE AWARDS

30 years

Rosalina Adler, Supply Service.
Eunice Delahaye, Patient Affiars.
Julie Fair, Supply Service.
Helen Strahan, Public Works.
Elizabeth Beck, Public Affairs.

15 years

Mabrie Huff, Patient Affairs.
Mettawee Youngblood, Supply Service.
Christine Davis, Housekeepng.
Raymond McGrath, Housekeeping.
Dolores Robinson, Food Service.
George Schmidt, X-Ray File Room
Sivlean Merchant, Laundry.

HM1 Perkins earns dual SOY honors

Hospital Corpsman First Class Billie J. Perkins may well remember February 1982 for a long time to come. During that month, she was named both the Naval Air Reserve Unit Alameda Sailor of Year and the Naval Air Reserve Forces Alameda Sailor of Year. She also completed her bachelor of science degree in health care administration with Southern Illinois University through classes offered by Navy Regional Medical Center, Oakland.

The dual honor of earning both the NARU and RESFORCES Sailor of the Year involves two different selection boards. Each candidate is interviewed and the selection is based on a combination of the interview and the nomination by the individual's command.

HM1 Perkins had already received multiple honors throughout 1981. She was selected as the NRMC Branch Clinic Sailor of the Quarter in August, the NARU Sailor of the Quarter and the Reserve Forces Sailor of the Quarter in October. She had also been advanced to petty officer first class in April.

Petty Officer Perkins lends her time to Treasure Island Little League Baseball, functioning as a team member, even though her own son is too young to participate. She is a member of the Fleet Reserve Association and a member of the intramural bowling team in Captain's Cup competition.

She transferred recently to the Ship Intermediate Maintenance Activity where she is tasked with occupational safety and health responsibilities. She is the only hospital corpsman assigned to the activity.

On top of her many activities, she is also the mother and single parent of an active four year old. She calls her son Tony, "one of the greatest things that could ever happen to me."

With a justifiable sense of pride, Perkins points to her recent accomplishments and says, "I've been fortunate to blend the Navy, parenting and education."

(Courtesy of NAS Alameda *Carrier*)



"No; having a jury of your peers doesn't mean they all have to be deserters!"

New mechanical engineer onboard



Bruce R. James

Bruce R. James is a new mechanical engineer in the Public Works Office of Naval Regional Medical Center, Oakland, transferring recently from civilian employment with the Facility Planning Division, Public Works Center, San Francisco Bay.

Mr. James, originally from Marysville, Calif., is a graduate of the University of California, Davis. He holds a bachelor of science in mechanical engineering and material science and engineering.

He served three years on active duty as an Army officer and is currently in Army reserve status. His military training included the Armor Officer Basic Course, the Motor Officer Course and the Armor Officer Advanced Course, both at Ft. Knox, Ky., and the Airborne School at Ft. Benning, Ga. His Army decorations include the service ribbon, overseas ribbon, and the basic parachutist's badge.

Single, he makes his home in Alameda and has hobbies of stamp and coin collecting, antique cars and motorcycles.

His parents, Mr. and Mrs. R. James, live in Marysville.

Comings and Goings

"Fair winds and following seas" to the following persons who have recently departed this command:

HA Bert L. Querry, to 3rd FSSG, Okinawa, Japan.

HR Edward Litchfield, released from active duty.

HN Donald Lutrick, to 1st Mar. Div., Camp Pendleton, Calif.

HM1 Rodney Jaynes, to 2nd Marine Air Wing, Cherry Pt., N.C.

HA Anthony Holder, released from active duty.

SMC Edward Tilton, to USS DUBUQUE.

HN Paul Brooks, released from active duty.

LCDR Karen Born, to Moffett Field Branch Clinic.

EMC Rolando Gonzales, to USS HOLLAND.

HA Warren Henderson, released from active duty.

HN Gregory M. Loya, to 1st Mar. Div., FMFPAC.

HA Donna Glass, to NSHS, San Diego, Calif.

HA Louise K. Shiril, released from active duty.

HN Nancy Estrada, to NSHS, San Diego.

HN Steven Koczarski, to 1st Mar. Div., FMFPAC.

HM3 Sandra Stoney, released from active duty.

HM2 Steven Shoup, released from active duty.

HN Yvonne Phillips, to NRMC Naples, Italy.

RP2 Brian Carroll, released from active duty.

HN Verlene Johnson, to Naval Support Facility, Diego Garcia.

HM3 Arthur Mitchell, to DVECC, Alameda, Calif.

• • •

"Welcome aboard" to newly arrived:

CDR Thomas Snyder, MC, TEMAC.

LCDR Donald Phillips, NC, Nursing Service staff.

LTJG Herbert Hollinshed, MSC, ACDUTRA.

HM3 Warren Windham, Psychiatry Service.

HM3 Stephen Farmer, PMT School.

HM1 Esmeraldo Ranches, PMT School.

HA Spinie Moore, Nursing Service.

HM3 Michael Witt, PMT School.

HM3 Deborah Langlois, PMT School.

HM3 Julie Neal, Nursing Service.

HM3 Richard Philbrook, Orthopedic Clinic.

HM3 Joseph Hardin, Nursing Service.

HM3 Randall Scott, PMT School.

HN Teddy Macabugao, Xray School

HA Teresa Conrad, Nursing Service

HM2 Doris Barry, PMT School.

HN Donald E. Snay, Jr., Main Operating Room.

HM2 John Kercheval, PMT School

HM3 David Dominique, PMT School

HR Edward Vranian, TA Orthopedics (OR School in June).

HM3 Kelly Reber, PMT School.

HM3 John Kelly, PMT School.

HM3 Barry Grubb, PMT School.

HM3 Patricia Finlan, PMT School

HM3 Gregory King, PMT School.

HM1 Nelson Jenkins, PMT School

HM2 Loreto Torres, PMT School.

HM3 Kevin Smith, PMT School.

Smead, Cardo X-Ray grads

Hospital Corpsman Third Class Brian E. Smead and Hospitalman Donna M. Cardo completed five weeks of didactic training and seven weeks of practical rotation at the Moffett Field Branch Clinic to earn certificates for their March 26 graduation from the Basic X-Ray School here.

A small ceremony to honor the two was held in the Office of the Commanding Officer, with Rear Admiral Walter M. Lonergan and Captain R.L. Houts offering congratulations.

Honorperson Smead's next assignment will be at NRMC Beaufort, S.C. while HN Cardo has departed for new duty at NRMC Guam.

Officers selected for augmentation

The following officers attached to this command have been recommended by a selection board for augmentation into the regular Navy:

Medical Corps

LT Paul D. Garst
CDR Robert A. Callaway
LCDR David R. Field
LT Thomas J. Geller
CDR Blaine Z. Hibbard
CDR Ben T. Ho
CDR Martin D. Kung
LCDR John P. Navins
LCDR William G. Runyon
CDR Richard P. Umfrid

Medical Service Corps

LT Kay L. Schneider

Nurse Corps

LT Christina Castellanos
LT Heather L. Myers
LT Robert J. Marine

Family Is Most Fun Says Recent Survey

What gives people the most personal satisfaction or enjoyment?

Their family—according to a survey by the Roper Organization summarized in *Public Opinion*.

People were asked what three or four things gave them the most personal satisfaction or enjoyment day in and day out. There were multiple responses, so percentages added up to more than 100%. According to the survey, the percentages were:

Family	72%
Television	48%
Friends	47%
Music	31%
Reading	28%
House or apartment	24%
Work	23%
Radio	21%
Socializing	20%
Meals	18%
Hobbies	17%
Car	16%
Physical exercise	15%
Following sports	13%
Clothes	6%

All local family quarters due for inspection

Once again it's April and time for the annual fire safety inspection of all family housing units at Oak Knoll, according to Fire Chief Bruce B. Bobbitt.

The inspection, conducted in conjunction with the national spring clean-up campaign, is underway now and will continue throughout the month. Inspecting are base Fire Department personnel, who may be accompanied by Housing Office representatives.

"This check will be conducted with the least possible inconvenience to occupants," Chief Bobbitt said. It is desirable that sponsors be present at the time of inspection, but not necessary. No inspection of quarters will be made, however, unless an adult member of the household is present. A notice will be left at the residence for the convenience of those working couples who want to schedule a more convenient call-back appointment.

The inspection will include:

—Fire safety inspection of living areas.

—Fire safety discussion with occupants.

—Instructions for emergency exit plans, smoke detectors, utility shut-off points, hazard control, and babysitters.

More information may be obtained by calling the fire department at Ext. 2327.



SAY 'A-AH'—Fakhrid-Deen Muhammad, 3, keeps an eye on the cameraman as Dental Corps Lieutenant Michael J. Kaurich checks his teeth. The bright-eyed little boy is the son of HM3 Abdul Muhammad of the Eye Clinic and his wife. The photo was taken during Children's Dental Health Month.

'Weekend Husband, Weekend Dad'

At times in a military career, a person may find that his duties require that he is away from his family during the week, able to be with his wife and children only on weekends. The circumstance calls for some fine-tuning in family living.

Dr. Alice Ivey Snyder, Deputy Director of the Navy Family Services Center, Norfolk, recently discussed the issues at a wives workshop. Subject of the remarks she made was "Week-end Husband, Week-end Dad." Dr. Snyder's remarks were keyed to the problems that many Navy families experience when the husband/father is assigned to a ship which is in a shipyard for an extended period of time, and returns home only on weekends..

The problems revolve around the stressful circumstances which result from the "week-long absence, weekend presence" cycle. Dr. Snyder notes that it is a "far simpler, and less stressful, task to have 'holiday routine' after deployments rather than once a week."

She stressed the importance of understanding the wide-range of reactions which can accompany the "weekend husband" situation and how helpful it is to make positive adaptations.

Weekend reunions, Dr. Snyder pointed out, should "not even begin to approximate end-of-deployment reunions," and families should establish and use a workable set of rules to cope with the weekend adjustments. Dr. Snyder quotes an authority on stress who says:

"The trick is to identify the stressors in your life and cope with them before they can grow beyond your control and slide across the very fine line into the dangerous area of *distress.*"

The remarks made by Dr. Snyder were directed to the issue of Navy men whose ships are temporarily assigned to shipyards, but the experience is shared by other segments of the military community, such as recruiters, for example, who often must be away from their families during the week.

Copies of Dr. Snyder's remarks may be obtained from the Military Family Resource Center. Dr. Snyder's address is: Deputy Director, Navy Family Services Center, 7920 Hampton Blvd., Norfolk, Va. 23501. *(Military Family)*

Wrong papers? Trouble with a capital 'T'

Entering a foreign country without the proper paperwork can mean trouble all the way around for passengers—and aircrew members, as well.

A recent incident involving a military flight is a good example.

Soon after the aircraft touched down in the foreign land, customs officials detained four passengers who were flying on a space-available basis.

Two of the people carried no entry visas, the third had nothing to show he was on leave, and the fourth was traveling without a passport.

Not only did the trip end unexpectedly for the passengers, but the crew's rest period was cut short to fly the deported passengers out of the country.

Transportation officials say this incident could have been avoided easily if the travelers had taken the time to be sure they carried the proper documents..

Basically, all active duty travelers must at least carry copies of their orders and their military identification card.

People moving on Space-A should have their leave orders, ID cards, immunization certificates and passports with appropriate visas.

Aid offered families with handicapped

Not knowing what to expect at the other end of a military reassignment is always difficult for a military family, and is a cause of concern even to veteran movers. But to military families with handicapped members, it is an especially difficult time.

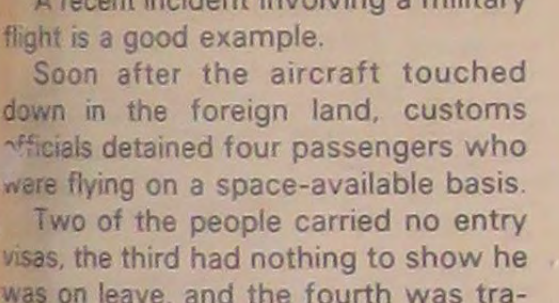
An organization called "Closer Look" in Washington, D.C., is an excellent resource for professional workers serving families which have received orders.

"Closer Look" is able to provide packets of information on any handicap plus information about services and agencies in the state or territory to which the military family is moving.

Requests for information should be forwarded to: Closer Look, Box 1492, Washington, D.C., 20013.

(Military Family)

BIRTHS



The following additions to the Navy medical "family" have arrived at Oak Knoll:

A baby boy to Lieutenant Commander John C. Kirby, Radiology, and his wife Teresa, March 14.

A baby girl to Lieutenant Harvey L. usually retire from active duty at P.O. Box 231, Silver Spring, Md.,

A baby boy to Hospital Corpsman Second Class Kevin L. Smith, Patient Affairs, and his wife Sheryl, March 20.



Scalding by tap water common burn cause

When it's cold outside, a nice hot shower sounds good—right? But go easy, physicians caution. Too much "hot" can result in serious injuries or skin problems.

Scalding with hot liquids is the most frequent cause of burns in the United States. Adults over 65, persons mentally or physically disabled, and young children are often victims of tap water scaldings. Take special care to test the water temperature and avoid long exposure to protect yourself and your dependents.

Many burns result from improperly set water heaters. When set at 140 degrees or higher they will release water hot enough to cause serious burns. Electric heaters can be set to 120 degrees and gas heaters on "low," and still be hot enough to serve household needs.

Other steps to avoid scalding can be taken as well. Never leave a young child unattended in the bathroom and check the water temperature before placing a child in the bathtub. Turn off the hot water before the cold to cool the faucet and prevent the hot water from dripping onto the skin.

If a burn does occur, apply ice to the affected area and contact a physician immediately.

Helping the elderly

At first blush the problem of aging does not seem to pertain to military family matters, since military people usually retire from active duty at relatively young ages. However, aging problems do arise occasionally in regard to elderly members of the extended family.

Questions, which are raised by military families regarding the elderly and which cannot be resolved locally, may be addressed to the Social Gerontology Resource Center in Silver Springs, Md. A common request to the center is for information about what services are available for elderly people in specific areas of the country.

For more information write: The Social Gerontology Resource Center, P. O. Box 231, Silver Spring, Md., 20907;. Telephone: (301) 565-4269. The Center operates a toll free number between the hours of 2 and 5 p.m. It is (800) 638-2051. *(Military Family)*

Yosemite trip planned

Special Services has been successful in reserving space during the popular summer season at Yosemite National Park and announces a tour leaving from Oak Knoll on June 19 and returning June 21.

The trip is open to all Naval Regional Medical Center Oakland personnel, dependents and retired, but space is limited, so first-come, first-served. Active duty will have first preference until April 15.

Per person package prices run from $39 to $99, depending upon the type of accommodations and number of persons sharing the tents or cabins. The flat fee includes round-trip transportation via deluxe bus, two nights accommodations, and a bus tour of the valley. A bus tour up to Glacier Point is also available for $2 extra, providing that there is a minimum signup of 15 persons.

The accommodations reserved for the Oak Knoll group are 14 tent cabins and eight wooden cabins with baths. Both tents and cabins have beds, linens and blankets. Prices for tents are $58 single, $46 double, $42 triple, $39 quad; per person prices for cabins are $99 single, $66 double, $56 triple, $52 quad.

The Glacier Point road is expected to be open at the time of the trip and the bus ride will highlight one of the greatest views in the world (also an excellent point for photographs). The tour of the valley floor will include the Ahwahnee Hotel, Yosemite Village (including a real Indian camp), Yosemite and Bridal Veil Falls, and a tunnel view for another overlook of the valley.

One or two-hour horseback tours led by expert wranglers take riders on trails for sights impossible to see otherwise. Bikes are always available for renting and there are plenty of paved bike paths to steer you to see other scenery, including Mirror Lake.

For more information, call Sally, (415) 639-2479 or 632-0307, or Autovon 855-2479.

Spring opening set for Marine World

Marine World/Africa USA will be open for a week-long celebration, April 3-11, and every Wednesday through Sunday during the spring months from 9:30 a.m. to 5:30 p.m.

Featuring exciting new shows, the season premiere of the top-ranked water ski and boat show, and the spring unveiling of "Tiger Mountain Rapids," the 14th season promises to be the finest ever.

The amusement park is located in Redwood City. For further information, dial (415) DOL-PHIN.

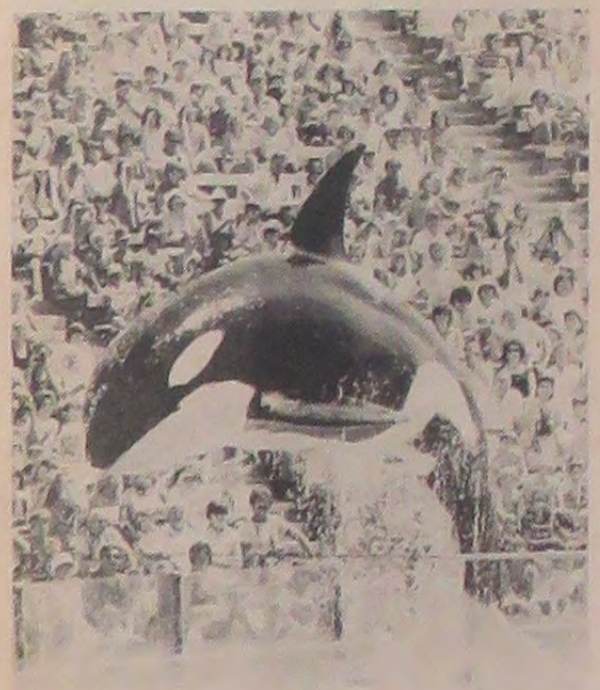
Sea World offers Easter discount

Personnel planning on spending the Easter holidays in the San Diego area may be interested in learning that Sea World is featuring a Military Spring Fling with outstanding discounts on park admission to coincide with the holidays.

For two weeks in April, Department of Defense personnel and their dependents will receive 30 percent off admission to the famous marine life park.

Discount coupons are available in the Special Services Office, second deck, Bldg. 38 on base. With the discount, effective April 3-18, adults will be admitted to the park for $6.95, children for only $4.85.

Six exciting aquatic shows, 30 educational exhibits and Cap'n Kids' World creative play area are all included in the cost of admission.



MIGHTY BOW—A new killer whale show, "Shamu—Take a Bow," premieres during Sea World's Military Spring Fling, April 3-18.

U.S. Government Printing Office
1979-33235-689-150/25

A's meet Angels in baseball opener

The *Oakland A's* will play the *California Angels* in an opener slated to begin at 7:35 p.m., April 6, at the Oakland Coliseum. It will be the first local American League game of the season for the Oakland baseball team managed by the colorful Billy Martin.

Although tickets had not yet been received by Special Services at *Oak Leaf* deadline, a spokesman was confident that tickets would be available on base before game night. Queries may be directed to Ext. 2479.

Don't be a weekend athlete

It's T.G.I.F. day, and you're all revved up for the weekend of fun, frolic and physical fitness. But a weekend filled with strenuous exercise, followed by a week of inactivity, won't do you or your heart any good. In fact, the American Heart Association says that the best kind of exercise is moderate exercise done on a regular basis.

To help your heart, you should exercise every other day for at least 15 to 30 minutes. For the weekend warrior, this means slowing the pace and scheduling some exercises during the week.

All exercises are good for you, but some are better for your heart. Exercises that improve circulation and help the heart, lungs and muscles to work together more efficiently include exercises that are rhythmic and repetitive, like walking, jogging, cycling and swimming.

To improve cardiovascular fitness, you should begin exercising at a comfortable level. Then, when you have become accustomed to that level, go on to something more demanding. Remember that it's important to include a warmup period of three to five minutes and to allow a few minutes "cool down" after exercising.

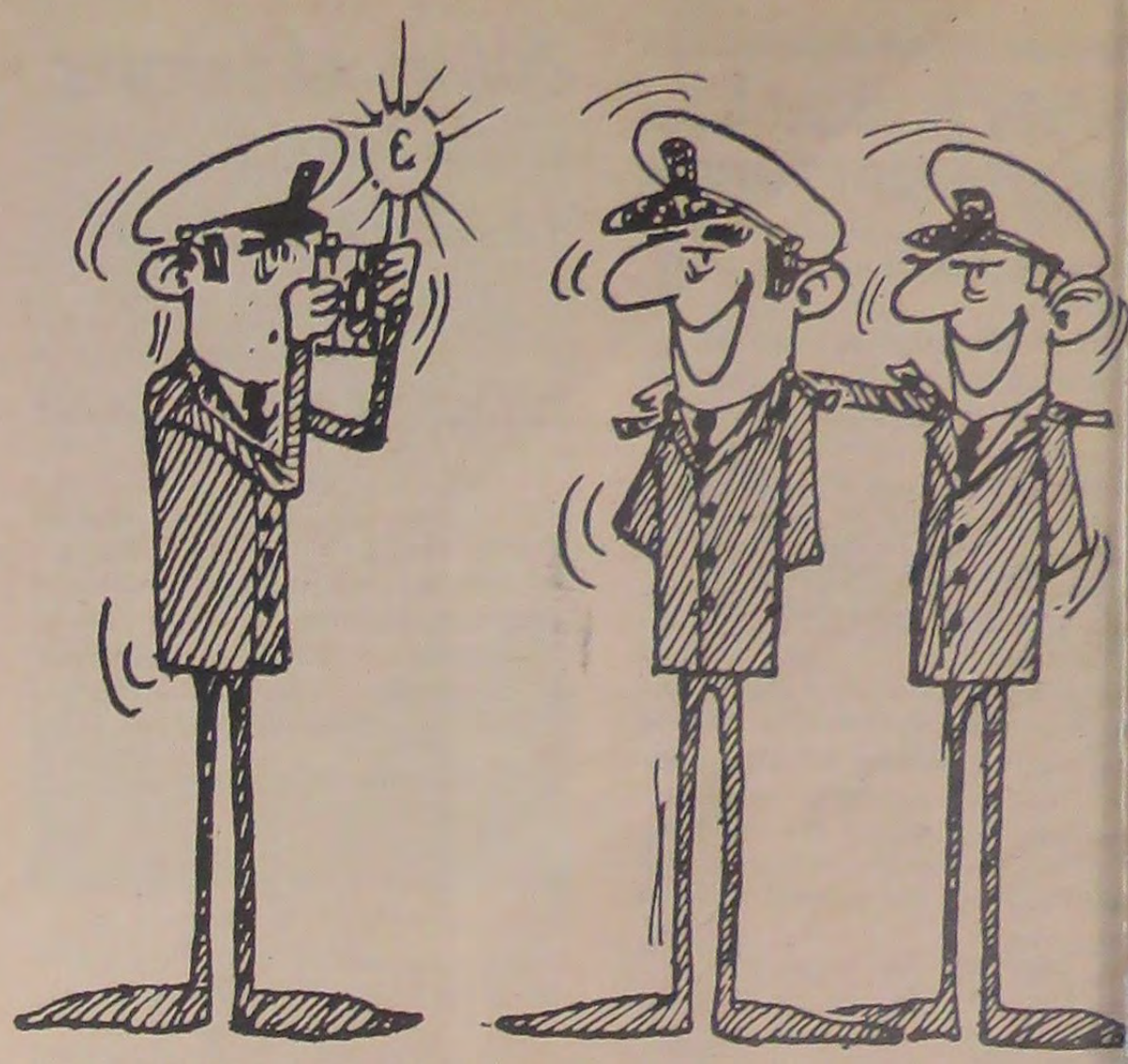
Only exercises that challenge the circulatory system and significantly increase blood flow to the muscles for an extended time length improve cardiovascular fitness. If you are planning to start an exercise program to improve the functions of your heart, the association suggests that you check with your doctor. Many physicians recommend stress tests or give patients an exercise prescription tailored to the individual's needs.

Classifieds

FOR SALE

Queen-size Restonic flotation waterbed, complete with frame, solid foundation, baffle bladder, liner and heater. Excellent condition. $350. Call 781-7658 after 5 p.m.

1979 Datsun 200 SX. A/C, 5-speed, AM/FM, radials, 33 mpg. Excellent condition, 36,500 miles, $5,500. HM2 Dale Johnson, Ext. 2511 (work); 434-1726 (home).



Calling all 'shutterbugs'

Is photography your hobby?

Chances are you've taken many good photographs that you'd like to share wi your shipmates, and *Oak Leaf* may be the medium to show off your talent. Especial needed are shots of after-hours athletic events, department parties, etc. Fami photos depicting seasonal human interest are also welcome, but the family mu belong to military and civilian staff members.

Black and white prints reproduce best in newspapers; however, a good color sh with much contrast and good composition can often be used.

If you think you have a photo (in good taste, please) that might be acceptable f publication, stop by the Oak Leaf Office on the third deck of Bldg. 500 and let u take a look at it.

Those accepted will be published with a credit line for the photographer and th print will be returned intact to its owner. No payment can be made.

Burglars read too

Burglars read the newspapers, too.

Here are a few tips to keep you name in the papers, just that, and no an advertisement for an "open house" you hadn't planned on:

- don't include your address in classified ad.
- announce social events and vaca tions after they happen—not before.
- if there is a death in the family arrange for a house sitter on the day o the funeral.
- ask a trusted neighbor to keep a eye on your home whenever you're out

MOVIES

Friday, April 2, 6:30 p.m.—ANY WHICH WAY YOU CAN—Clint Eastwood Sondra Locke—COMEDY/PG

Saturday, April 3, 1 p.m.—THE MUPPET MOVIE—Bob Hope, Paul Williams—COMEDY/G

Saturday, April 3, 6:30 p.m.—VON RYAN'S EXPRESS—Frank Sinatra, Trevor Howard—DRAMA/PG

Sunday, April 4, 6:30 p.m.—THE GODSEND—Cyd Hayman, Malcolm Stoddard—HORROR/R

Monday, April 5, 6:30 p.m.—THE BIG BRAWL—Jackie Chan, Jose Ferrer—MARTIAL ARTS/R

Tuesday, April 6, 6:30 p.m.—WILLIE AND PHIL—Margot Kidder, Michael Ontkean—COMEDY/DRAMA/R

Wednesday, April 7, 6:30 p.m.—FINAL EXAM—Cecile Bagdadi, Joel S. Rice—HORROR/R

Thursday, April 8, 6:30 p.m.—TATTOO—Bruce Dern, Maud Adams—DRAMA R

Friday, April 9, 6:30 p.m.—THE ISLAND—Michael Caine, David Warner—THRILLER/R

Saturday, April 10, 12:30 p.m.—UNIDENTIFIED FLYING ODDBALL—Dennis Dugan, Jim Bale—COMEDY/FANTASY/G

Saturday, April 10, 6:30 p.m.—SEEMS LIKE OLD TIMES—Goldie Hawn, Chevy Chase—COMEDY/PG

Sunday, April 11, 6:30 p.m.—THE MOUNTAIN MEN—Charleton Heston, Brian Keith—ADVENTURE/R

Monday, April 12, 6:30 p.m.—CADDIE SHACK—Chevy Chase, Rodney Dangerfield—COMEDY/R

Tuesday, April 13, 6:30 p.m.—PRINCE OF THE CITY—Treat Williams, Henry Arbach—DRAMA/R

Wednesday, April 14, 6:30 p.m.—LOOKER—James Coburn—THRILLER/PG

Thursday, April 15, 6:30 p.m.—DEADLY BLESSING—Marla Jensen, Sharon Stone—HORROR/DRAMA/R

Vol. 44, No. 7

the Oak Leaf

NAVAL REGIONAL MEDICAL CENTER. OAKLAND. CALIFORNIA.

Friday, April 16, 1982

Repro policy change

No 'rabbit,' no copies

Within the next two weeks new copiers will be installed at Naval Regional Medical Center, Oakland, and by May 1, authorized representatives of hospital services will have to use mechanical counters (a special key, known in Pentagon circles as a "rabbit") in order to reproduce correspondence, purchase orders, and other forms or papers required for the legitimate accomplishment of mission.

In addition, a key operator shall be assigned to each location. He or she will be responsible for machine maintenance and resupply, and for maintenance of a copy machine log sheet detailing who made copies, number of copies made, department charged, and type of original reproduced.

This duplicating system will be used only for those departments requiring less than six copies of material. The Navy Publications and Printing Service Office on the third floor of Bldg. 500 will continue to service the command's requirements for larger amounts of copy.

"The medical center must exert positive control over forms reproduction and other duplication," an Operating Management Service officer said. "With continuously spiraling costs, duplicating proliferation must be cut back and individuals or departments held responsible for funds spent in this manner."

A new instruction, NRMCOAKINST 5600.2B, just off the press, explains the new policy in full.



SNIPPING THE RIBBON—Following a March 26 luncheon at the Officers' Club, Rear Admiral Walter M. Lonergan, Commanding Officer, and Mrs. Elaine Hagin, Vice President of the Women's International Bowling Congress, (center) officially dedicate the new parcourse donated to the medical center by bowlers throughout the state, who last year contributed $171,000 to projects for military and veterans throughout the nation. Funds are administered by the California Women's Bowling Association and a group known as the Bowlers Victory Legion are the "shakers and movers." (More photos, Page 4).

Civilian pay distribution order 'temporarily deferred'

The Naval Supply Center Oakland recently announced that it is temporarily suspending its previous order of discontinuing hand delivery of pay checks, Leave and Earning Statements (LES) and U.S. Savings Bonds.

In a message to Naval Regional Medical Center Oakland and all the other California naval bases it serves for purposes of civilian employee pay, the NSC Disbursing Office said, "In light of continuing negotiations being conducted by serviced activities with unions, the implementation date for mailing civilian pay checks, LES and savings bonds to a non-work address is temporarily deferred."

Employees who may have diverted pay to a financial institution or by mail to a residence, but who strongly prefer receiving paychecks on the job, may revoke their previous instructions by completing the necessary forms obtained from the Civilian Pay Office on the third deck of Bldg. 500.

If the discontinuance of hand delivery once more becomes mandatory, these employees will be required once again to complete still more forms.



TO HEAD DRIVE—LCDR Robert K. Ridgeway of Physical Therapy has been named to head the 1982 Navy Relief Society drive at Naval Regional Medical Center Oakland. The campaign will run May 4 through June 6 and a kickoff meeting with keypersons will be held April 20 at 3 p.m. in Room 456.

Graduation today for OR students

Graduation ceremonies are being held in the Clinical Assembly at 10 a.m. this morning for nine students who have completed 26 weeks of specialized training with the Operating Room Technical School.

Graduates and their new duty stations are: HN Sharon L. Abel, NRMC Portsmouth, Va.; HM3 Barbara A Butler, NRMC Yokosuka, Japan; HM3 James H. Ceely, Marine Corps Air Station, Iwakuni, Japan; HM3 Mark K. Horton, NRMC Naples, Italy; HM3 Mark G. MacFadzen, Naval Hospital, Keflavik, Iceland; HN Keven J. Perry who will join the Oak Knoll staff; HM3 Roland E. Phillips, 1st FSSG, Det. B, El Toro, Calif.; HM3 Charles C. Risley, 3rd FSSG, Okinawa, Japan, and HA Henry B. Starr, Naval Hospital Cherry Point, N. C.

HM3 Christopher Barclay of Ophthalmology Service and HN Norman E. Cooper of Orthopedics also completed the first seven weeks of didactic instruction. The other students had 19 additional weeks of clinical rotation through the various surgical specialties.

New quarters for staff CPOs

A ribbon-cutting ceremony will be held at 2 p.m., April 22, for new accommodations in Bldg. 69B for single Chief Petty Officers attached to the staff.

In a self-help project and help from the Seabees, the World War II building which once housed ill officers, has been refurbished and restored to house 11 rooms.

Execs to meet April 23

The quarterly Regional Executive Planning Committee will be held at the Oak Knoll Officers' Club on Friday, April 23, beginning at 10 a.m.

Included in the agenda for discussion are professional, administrative, public works, legal, and financial matters, and the urinalysis testing program. Speakers will include Rear Admiral Walter M. Lonergan, Captain Warren W. Hodge, Captain Joseph P. Smyth, Commander Frank D. Fisher, Lieutenant Commander Barney Rabold, Lieutenant Commander David Kouns, Lieutenant Commander Mark Dawson and Commander Robert Legg.

Expected to attend are officers in charge and/or representatives of all branch clinics within the medical region and Lemoore Naval Hospital.

A no-host luncheon (steak sandwiches) will be served for $5 per person. Luncheon reservations should be made in advance with Ensign Phillip Fordice at Ext. 2181.

Art exhibit, auction tonite at Oak Knoll

Tonight's the night for an unusual opportunity to view and acquire exclusive editions of original graphics, oils, and water-colors in the fifth annual NRMC Officers' Auxiliary benefit art exhibition and auction in the Oak Knoll Officers' Club, beginning at 6:30 p.m.

Featured will be international award-winning artists such as Hinte, Kelly, School of Paris Artists and many, many more, with prints from such world famous masters as Dali, Picasso, Mino and Chagall. Each work of art is in a frame individually selected to complement that particular piece.

A door prize ticket and assorted hors d'oeuvres are included in the $2.50 per person door donation. Reservations are not necessary and personnel are invited to bring guests.

The auction will begin at 7:30 p.m. Those pieces of art which have generated the most interest will be auctioned first.

All profits will go toward college scholarships for deserving military dependents.

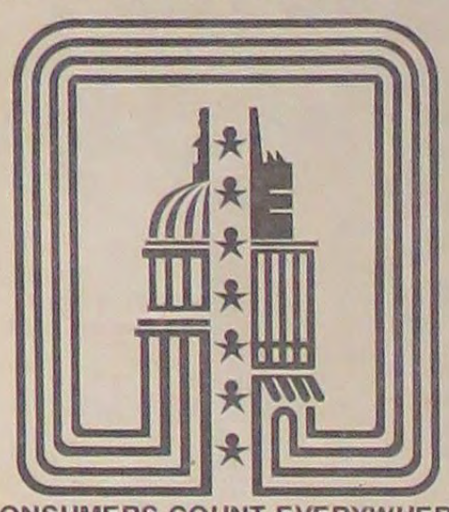


This saucy young lady with a rose between her teeth and a very relaxed cat at her feet may someday soon grace your wall if you're the lucky winner of tonight's door prize.

EDITORIAL

NATIONAL CONSUMERS WEEK

APRIL 25–MAY 1



CONSUMERS COUNT EVERYWHERE

"Consumers count everywhere."

Sometimes I'd like to dispute the above statement. As a consumer who is often ignored by an insolent sales clerk, one who feels a "rip-off" frequently in shoddy merchandise and faulty service, I get angry.

Have you ever bought a full jar of mayonnaise date-stamped and supposedly guaranteed fresh two months from purchase only to find after you've brought it home, refrigerated it, and pulled it out a day or so later to spread on your sandwich that the contents are rancid?

Take it back to the store and recoup your money, you say. Sure—Waste $2 worth of gas to drive to the store, stand in line for 20 minutes only to be told by the checker that the manager is the only one who can reimburse you, and she doesn't know where he is at the moment? It's more logical to throw away the $1.39 item and go without mayonnaise on your sandwich.

Sometimes I get so frustrated I'm tempted to eat the stuff, get a good case of botulism and take up the recently popular American custom of bringing lawsuit against someone. But that might bring about my untimely death and cash doesn't mean much to cadavers.

I'll tell you what I am most likely apt to do. The next time I'm pushing my cart down the grocery store aisles, I'll probably pick up a replacement for the bad jar of mayonnaise. Only this time, I'll watch out for my own interests. I'll furtively unscrew the top first to see if the contents are fresh, and if they look a bit questionable, I'll keep unscrewing jar lids until I find one that passes inspection. Sure, I'll guarantee a fresh product in my refrigerator the next time I need it to bind the tuna fish together, but what of all the other consumers who trustingly buy the jars I've already uncapped? Might I not have contaminated the contents from the ever-present microorganisms around us? Worse yet, suppose some other consumer doesn't inspect it carefully, eats the stuff and heaven forbid, dies from food poisoning?

There's a moral to the story, of course. In case you haven't spotted it, it's the old Golden Rule of doing unto others as we would have done unto us. A happy consumer doesn't cause trouble for the product, store or manufacturer, and is likely to sing the praises of all three. Conversely, one who is neglected, robbed of dignity or cash, or otherwise cheated in product or service, retaliates to cause much more trouble.

It behooves all of us to remember that at Oak Knoll, patients are our consumers, and yes, they certainly do count here.

--Betty Beck

Our patients write to express appreciation

I am writing this letter upon the request of Woodrow W. Hawkins, my father. I saw him only a couple of hours after he was moved from the Intensive Care Unit to 908 West and his main concern at that time was for me to write this letter. . .

He wishes to express his appreciation for the excellent care that he received while being in Intensive Care. He was very much impressed with the professional manner in which the whole staff carried out their duties. Specifically, he wishes to thank and commend the following: LT Susan Kowalski, LT Terry Logston, LT Pat Woods and HN Barbara Miller. He feels that they especially are a definite credit to their profession and the Navy.

Personally, I must add that I, too, am most appreciative. Knowing that my father is pleased and in good hands has given me and my family great comfort.

Thank you from the bottom of our hearts!

Nancy Scott

• • •

Please forward my sincere appreciation to Dr. Carmick (Dermatology) for treating a . . .problem that plagued me for several months before I finally felt I needed expert help. Of great importance to me was first of all his expertise but of equal efficacy was the inner feeling I derived from his genuine personal concern helping me in the the midst of his very busy schedule.

"A merry heart doeth good like a medicine." . . . Proverbs XVII,22.

Robert J. Agostinho
Colonel, USAF (Ret.)

• • •

I wish to take this opportunity to express my thoughts on my recent. . . surgery at your hospital.

My doctor is Sameshima (LT Steven S.). He and all your doctors, nurses, corpsmen were so good to me. . .

I asked to have (a) Protestant chaplain come to have prayers with me and my room mate. . . He came right up. Thank him again for me.

Also don't forget the men in the kitchen. The food was so good.

I think CAPT Rasmussen was in the operating room. Give a well done to him and everyone.

I was in 8 South. Will you (also) give a well done to everyone in 8S?

. . .I never have been admitted to a naval hospital previously.

George N. Hunt
(Retired CPO)

• • •

The courteous personnel at the medical facility in Oakland must have been chosen carefully for their positions.

I was a new patient recently and am very much impressed with the physicians. Dr. Erwin was a gentleman; competent, and a very caring human being. Dr. Van Wagnen was every bit the same, plus an excellent sense of humor, a rare quality in the medical field.

I have been an active registered nurse for many years, two times working in military facilities. . . this has led me to be most observant and the NRMC should have a rating of **EXCELLENT.**

Mary P. Taylor
Dependent Wife of
Retired Air Force Major

• • •

Please accept my heartfelt thanks for the superb service rendered to me by your emergency room and urology clinic personnel. . . the personal sensitivity and caring attitude displayed by the duty medical officer, Captain Weber, gave me a great sense of reassurance, relief and confidence.

Dr. Weber's eminently human approach to treatment was emulated by Dr. Harris and his assistant, Lynn, of your urology clinic, both of whom were called in from home in the middle of Saturday night to tend to my affliction and both of whom reacted with an eminently cheerful, professional and thoroughly human response to my needs.

Please accept and convey my grateful appreciation for the super treatment.

Richard D. McKay
Fremont

• • •

During my wife's (Hilde Vandenberg) confinement and treatment lasting over 14 months up to her passing on Feb. 7, I know everything possible was done by your staff to save her life. . .

To all your fine doctors, nurses, corpsmen and technicians, all of whom took personal interest in Hilde's welfare and worked so hard and diligently, I owe a deep debt of gratitude.

To the good Dr. Shaffer fell the dreaded task of having to tell us both that the operations he performed and all the months of chemotherapy had failed—it took a lot of courage and compassion on his part.

My gratitude to the very compassionate Dr. Fern who made such special efforts to make her comfortable and peaceful during her last days as much as was humanly possible—her comfort meant so much to me. Doctor Navins, who performed some of her surgery, kept up her spirits by explaining step by step all the procedures. Also Doctors Tedesco, Tostack, Moon, Griffin and others, all of whom were so good to Hilde.

I will not even try to mention the names of all the wonderful nurses, aides and technicians who did so much, because I know I couldn't give the proper credit to each and every one of them, who gave her their love and care. I would just single out that wonderful Colostomy Expert, Mrs. Sandell , who handled what could be such a distasteful task with such kindness and caring.

Also a special thanks to Chaplains Hoppus and Hary who comforted us all with their daily visits to Hilde's bedside, offering their prayers and words of consolation sustaining us all through the terrible ordeal.

Each time the hour came to say goodnight to Hilde each day after spending many hours with her, I knew there would be young corpsman "Patrick" who would be watching over her through the long, long nights.

Please extend to them all my deepest thanks and best wishes.

Clark Vandenberg
U. S. Navy, Retire

Navy mothers add that 'little extra'

Navy Mothers Club No. 213 of Modesto, Calif., which recently disbanded because of a lack of mothers to carry on the organization, donated the remaining $59.84 in their treasury to Naval Regional Medical Center Oakland for patient welfare.

In a letter of thanks to Mrs. Julia Stern of the organization, Rear Admiral Walter M. Lonergan, Commanding Officer of the medical center, wrote:

"On the first of July this year Naval Regional Medical Center, Oakland, will celebrate its 40th anniversary. Although no special ceremony is being planned, it is a time to reflect on the past and remember the many good things that we have enjoyed through the years, and the many friends who have willingly given of their time and talents in caring for thousands of Navy men and women who have been treated here.

"Perhaps no one has been more dedicated and loyal than the Navy Mothers Clubs of America who without fail have contributed regularly to the well being of our patients. The doctors, nurses and corpsmen on our staff have made every effort to provide the very best medical care available, but we depend on organizations such as yours to add that little extra that means so much to the young men and women many of whom were returning from battlefields around the world and far from families and friends.

". . . No one can say how many lives you have touched, whose pain has been made a little easier to bear, knowing that someone cared. . ."

NAVAL REGIONAL MEDICAL CENTER
OAKLAND, CALIFORNIA

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Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.

Outpatient group therapy—doing more with less

By HM2 Patricia Jones

The closing of the psychiatry residency program in July with the resulting loss of several mental health professionals, will undoubtedly lead to numerous changes in services provided by Psychiatry Service. Two of the most significant changes anticipated by the Psychiatric Outpatient Department are an increase in group therapy and a greater relative emphasis being placed on the treatment of active duty personnel.

Despite the impending personnel losses associated with the closing of the residency, the Psychiatry Outpatient Department feels it can provide more and better service for local active duty members. An emphasis on short term, problem-solving forms of group therapy will make this possible. Two group therapy innovations already underway are the Outpatient Coping Skills Group and the Marital Growth Group recently started for NRMC Oakland staff members and spouses.

The Outpatient Coping Skills Group is coordinated by Dr. John Brown and LT Susan Colligan, both clinical psychologists, and HM2 Patricia Jones, psychiatric technician. The group is essentially a series of workshops with each session's content tailored to various problems presented by participants. Sessions include explanations and demonstrations of skills such as assertiveness, relaxation, cognitive restructuring and self-directed behavior modification. Patients are encouraged to become more fully aware of their thoughts, feelings and actions, and to assume responsibility for the consequences of these.

Dr. Tasneem Raja, psychiatrist, and Dr. Brown are co-therapists for the Marital Growth Group. "We started the group with the idea of helping fellow hospital staff members solve relatively minor marital problems before they became serious," one explained. "As much as we'd like to think that work and home life can be separated, experience clearly indicates that problems at home often undermine morale at work. If the marital problems are fairly serious they can interfere with work and reduce the quality of patient care. So, we thought we could 'help the helpers' and indirectly help maintain the high quality of patient care available here." Both Drs. Raja and Brown feel quite strongly that many of the problems dealt with in the Marital Growth Group could eventually destroy a marriage if not resolved.

The group encourages couples to look at problems honestly and to look for mutually satisfying solutions before permanent damage is done. Unfortunately, some couples seen for counseling are already too tired, angry, or detached to carry out the hard work of rebuilding a marriage.



WORKING OUT PROBLEMS—Dr. John Brown, clinical psychologist, leads a discussion in the new Marital Growth Group therapy program of Psychiatry Service. Seated in chair nearest blackboard is LT Susan Colligan, another clinical psychologist involved in the therapy.

I posed several questions to Dr. Brown about the "group process":

Q: Dr. Brown, why would you recommend group treatment for such personal problems as those that arise in a marriage?

A: When people are first encouraged to attend group sessions they sometimes feel that they are being shortchanged or that they are getting second class treatment. For most problems, including most marital problems, group therapy actually has advantages not available in individual counseling. Most obviously, the person gets more than just the therapist's viewpoint; other participants also give him or her feedback. Another advantage to group therapy is that participants learn to trust and communicate more with others rather than remain basically secretive while confiding in one therapist. Simply learning to talk meaningfully and honestly with several other people goes a long ways toward solving life's problems. A more subtle advantage is that the groups are more likely to recreate realistic problem situations than in individual therapy. I am continually impressed by the ability of group members to clearly see the problems of others, even when they are unable to sort out and correct their own.

Q: Who may attend the group?

A: The marital growth group is presently limited to active duty hospital staff and their spouses. Another group which would include nonstaff personnel may be started if there is sufficient demand.

Q: Are there any rules in the group, or does "anything go?"

A: The rules for all the groups are similar and quite simple. Confidentiality is the most essential rule. What is said in group stays in group. Violence is prohibited and pointless verbal attacks are discouraged. Honesty in all aspects is strongly encouraged—a participant must share his real thoughts, feelings and expectations if any improvement is to take place. Perhaps most importantly, once participants have an understanding of their problems, they are encouraged to commit themselves to taking corrective action. The rules and procedures of the groups are all designed to promote honesty, understanding and improvement.

Psychiatry staff members understand and realize that taking the first step toward seeking therapy of any nature is often a frightening and anxiety-provoking decision. New participants are almost always nervous in their first group session. First, they may be embarrassed about seeking counseling. An unfortunately large number of people feel that getting outside help in exploring and solving personal problems is disgraceful—they feel as if it is somehow better to suffer alone.

Second, and more common, is the anxiety of meeting new people and adjusting to a new situation. Also, most new participants have some specific fears about the group—that its members will attack them or not understand, or that they will talk too much or too little. A common fear is that once a new participant starts talking he or she will be unable to hold back all the accumulated hurt or anger. Almost without exception, the fears prove completely groundless and new participants quickly become "old timers" in the group, comfortably sharing thoughts and feelings which have been hidden too long.

Drs. Raja and Brown insist that if someone is dissatisfied with his or her marriage, it is better to face the situation honestly while love and determination to make the marriage work are still alive. Although there are no guarantees, the improvements usually experienced in groups such as the Marital Growth Group are well worth the initial discomfort and investment of time.

The Marital Growth and Coping Skills groups are only part of the outpatient department's overall program to make psychotherapy more available and less mysterious. Part of this is helping people realistically deal with everyday problems. "My ways of viewing and solving problems are ones that my patients can easily learn and apply themselves," says Dr. Brown. "Therapy doesn't take that long when people are genuinely interested in solving fairly specific problems."

With implementation of both the Marital Growth and Outpatient Coping Skills groups, the doctors in the outpatient psychiatry department will have more time avialable for other patients and hopefully at some point, be able to help people solve little problems quickly before they become tough and time—consuming issues.

For more information on any outpatient psychiatric service, call Ext. 2387 or 2388.

Interested in 6 mo. cruise?

Navy men interested in a unique experience should consider volunteering for this year's Unitas XXIII/82 and West African Training Cruise (WATC) 82.

These cruises consist of combined training exercises with South American navies and visits to ports of unusual interest in South America, the Caribbean and West Africa. The U. S. task group will circumnavigate South America. Some units will visit West Africa. The six-month cruise begins in June 1982.

Sailors in any rating who speak Spanish, Portuguese or French will be considered. Personnel in the OS, EW, QM, RM, ET, MS, SH, PC, DT, PH or JO ratings may be considered, regardless of language ability. Selectees will be notified by May 10.

For more information on eligibility requirements and how to apply see ALLANTFLT 34/82.

Early reenlistment policy changed

NAVOP 26/82 announced a change to early reenlistment policy for reenlistments that involve payment of Selective Reenlistment Bonus (SRB). Effective March 22, reenlistments involving SRB are permitted up to three months prior to end of obligated service (EAOS) without Commander, Naval Military Personnel Command approval. Past policy allowed reenlistments up to one year early.

An exception to the revised policy is early reenlistment under the STAR program for personnel in 33XX series (Nuclear) NECs contained in OPNAVNOTE 1160, which lists ratings and NECs eligible for SRB.

This policy adjustment will enable all SRB eligible personnel who are approaching EAOS during the remainder of the fiscal year to continue to receive bonus payments at FY 1982 levels. Eligibility for SRB is currently established by OPNAVNOTE 1160 of Oct. 21, 1981. This eligibility may be modified by subsequent award level changes resulting from the normal mid-year SRB program review.



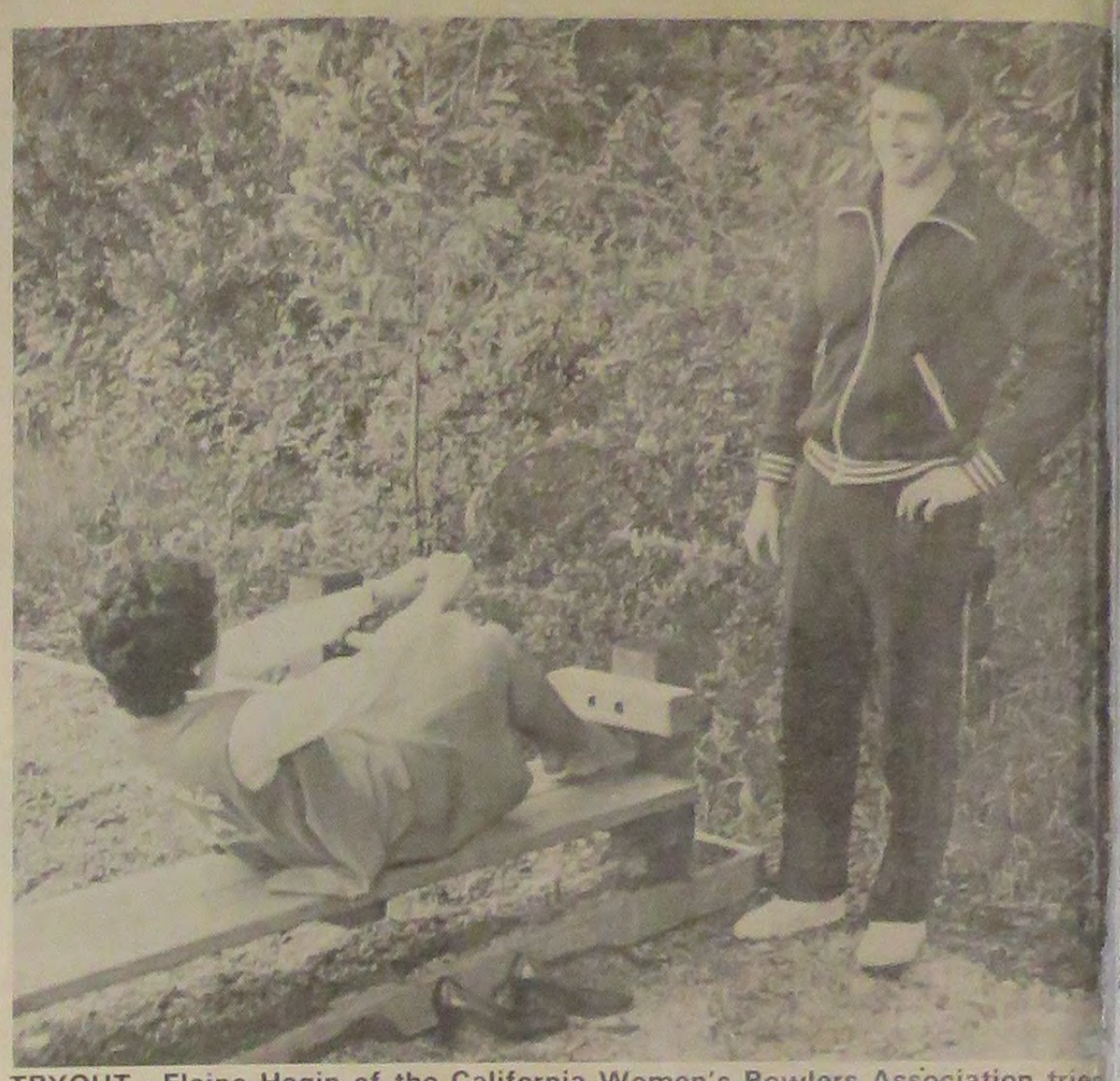
MAKING A POINT—Larry Cummings, National President of the Fleet Reserve Association, visited the medical center April 1, lunched in the Porthole with members of the Chief Petty Officers' Association and addressed enlisted personnel later the same day in the Clinical Assembly. Mr. Cummings reported on current legislation before Congress affecting active duty military personnel. He urged the Navy men and women to write their elected representatives about legislation affecting military persons and advised his audience to register and vote in all national and local elections. Accompanying Mr. Cummings to Oak Knoll were Dave Maise, FRA Past Regional President; Harold Zeer, Regional President, and Shipmate Lou Bayers.



GETTING ACQUAINTED—Agnes Duffy and Rear Admiral Walter M. Lonergan enjoy some light conversation while waiting for their meal to be served at the recent luncheon in honor of the bowling association. Others shown are Elaine Hagin, Tommy Marks and Earl Earhardt.



FOR FITNESS—LCDR Patricia Hoggatt, the medical center's chief physical therapist, explains to bowling association members how use of the various exercise stations enhances physical fitness for patients and staff.



TRYOUT—Elaine Hagin of the California Women's Bowlers Association tries out one of the exercise stations in Oak Knoll's new parcourse with some guidance from HA Ian Anderson of Special Services.

Career capsules

Volunteering for HARP

By HMC G. L. Soileau

The **Hometown Area Recruiting Assistance Program (HARP)** is designed to return **outstanding** Navy personnel (officers and enlisted) to their home areas to assist local recruiters in locating and enlisting quality recruits. Individuals assist the recruiter by relating Navy experiences to their peers and reflecting their views on Navy life and programs. Individuals volunteering to participate in the HARP program do so on permissive, no-cost TAD orders to hometown recruiting stations. Usually when an individual requests HARP duty (TAD), it is in conjunction with a period of leave which either precedes or follows such duty. However, leave is not a prerequisite for HARP duty. **Only officers** may perform HARP duty (TEMDU) in conjunction with PCS orders; HARP duty (TEMDU) must be approved by the officer's detailer. General eligibility requirements are as follows:

- There is **no** limit to rate, rank, or age for HARP participants.
- For **Officers** (OHARP): Be a resident or have attended college in the area requested for at least two years prior to entry into the Navy.
- For **Enlisted**: Be a high school graduate or GED equivalent from the town in which you are requesting HARP duty.

Requests for HARP duty should be submitted on a special request chit at **least three weeks** prior to requested dates of HARP duty (TAD).

Information needed for requests is name, race, ethnic group (for statistical information), social security number, hometown, zip code, high school/college (if applicable), primary and alternate dates desired, command, point of contract (career counselor) and command telephone number.

The length for HARP is determined in the initial request by the individual's command. Minimum requirement for the length of HARP duty is 10 working days, preferably starting on a Monday and ending on a Friday.

For further information contact your Career Counselor's office.

Oldest ammo ship celebrates 25th

The ammunition ship USS MAUNA KEA (AE 22) celebrated the 25th anniversary of its commissioning on March 30.

It is a veteran of 18 deployments to the Western Pacific and is the oldest ammunition ship in the Pacific Fleet.

MAUNA KEA, homeported at Mare Island Naval Shipyard in Vallejo, is commanded by CDR James P. Breece.

NBME wins judgment on alleged exam sale

The National Board of Medical Examiners (NBME) has been awarded a $100,500 judgment in an action it instituted after learning of the sale of a copy of one of its examinations.

Although there have never been any discrepancies in the administration of the exam here, Naval Regional Medical Center Oakland is one of the examining centers and Kris Clemens of Graduate Training serves as Chief Proctor.

The legal action, brought by the national board in the U. S. District Court for the Central District of California in 1981, asserted several claims, the major of which was a claim of copyright infringement. In its complaint against the alleged seller of the examination, the national board demanded injunctive relief, as well as compensatory and exemplary damages.

The court awarded judgment on Feb. 18, 1982 in favor of the national board and against the defendant on all claims. Additionally, the court awarded judgment against the defendant in the form of an injunction which permanently enjoins the defendant from directly or indirectly infringing copyrights held by NBME and from "reproducing or causing, contributing to or participating in the unauthorized reproduction, dissemination or distribution of any copyrighted National Board of Medical Examiners property."

As indicated by its successful pursuit of this litigation, the national board is prepared to investigate reports of breaches in the security of its examination materials and to take vigorous and appropriate action in response to such violations.

The national board has a strong and continuing commitment to assure integrity of scores on its examinations which are used for purposes of certification leading to medical licensure, a board spokesman said, adding that an important part of maintaining this integrity is securing the examinations from any authorized access or disclosure.

To prevent any such violations, the national board has detailed security procedures which are carefully monitored through all phases of production and administration of examinations. Additionally, the national board reserves all rights of copyright in the test questions which are contained in its examinations, provides notice to that effect on all examination booklets, and obtains registration of its copyright of this examination material in accordance with the provisions of federal copyright law.

The majority of Oak Knoll physicians take these tests to qualify for licensing.

Navy units to aid in drug interdiction

Vice President George Bush recently announced that the U. S. Navy will work with U. S. Customs officials and the U. S. Coast Guard to help intercept ships and aircraft attempting to smuggle drugs into the United States.

The Vice President stated that assistance may include the embarkation of Coast Guard teams on Navy ships to perform law enforcement functions and the operation of E-2 "Hawkeye" aircraft to detect airborne smuggling.

Since 1978, the Navy has been providing sighting and surveillance information obtained from various units during normal operations to support U. S. drug interdiction efforts. This assistance will continue as before.

From Oct. 1 to Dec. 16, 1981, Navy Hawkeyes in "Operation Thunderbolt" reported low-flying aircraft transiting from the Bahamas to Florida. Customs aircraft were vectored to intercept these planes, resulting in 97 drug-related arrests, 45 seized aircraft and a large amount of confiscated drugs. Navy E-2 aircraft are now deployed to Homestead Air Force Base from Norfolk to conduct similar operations.

Kudos.....

LETTER OF COMMENDATION
Lieutenant Commander Patricia Lauermann, Nurse Corps.

LETTER OF APPRECIATION
Hospitalman Charles Collins, Nursing Service.

Comptroller staff earns compliment

In a recent letter to this command from J. G. Radcliffe Comptroller, Bureau of Medicine and Surgery, the Naval Regional Medical Center Oakland was complimented for consistently meeting reporting requirements vital to good financial management.

Mr. Radcliffe wrote: "Please accept my congratulations to you and your staff. In order to achieve this required a continuing attention to report requirements and a commitment to meet them. It is through the efforts of activities such as yours that we can best present our funding requirements and provide the necessary history to document the need for increases."

According to Commander Robert Legg. Oakland comptroller, Margaret Paulson, Ann Painter, Barbara Walker, Barbara Thompson and Art Limongco, all of the Accounting Section, are those primarily responsible for reports and deserve the most welcome praise from our higher command.

Fleet hospital support staff receives awards

An Army officer, Navy chief and a civilian employee of the Fleet Hospital Support Office are recent awards recipients.

Lieutenant Colonel David J. Kitchin, MSC, USA, Facilities Department Director, received a Certificate of Achievement from the 7th Medical Command, Germany, for his participation in a Medical Service Corps training conference.

Chief Hospital Corpsman William A. Alexander, Bio-Medical Equipment Technician currently assigned to the Equipment Branch, received the Good Conduct Award.

Mrs. Juanita J. Reyna, Editorial Assistant in the Administration Office, received a Sustained Superior Performance Award from the Commanding Officer, Naval School Physical Distribution Management, Oakland.

The awards were presented by Captain E. L. Jones, Supply Corps, USN, who is Officer in Charge of the Alameda-based Fleet Hospital Support Office.

Carrier returns to Alameda home

The aircraft carrier USS CORAL SEA (CV 43) returned to its homeport of Alameda March 23, after its 14th deployment with the U. S. Seventh Fleet.

During the seven-month cruise the carrier steamed more than 65,000 miles, including 78 consecutive days of operation in the Indian Ocean. CORAL SEA was named the winner of the Admiral Flatley Memorial Award for aviation safety and logged its 10,000th arrested landing during the deployment.

The carrier, commanded by Captain [illegible] Johnson, visited five countries and participated in numerous operations after departing its homeport Aug. 1, 1981.



HN Theresa D'Ambrosio

Sixth Deck LPO is Oak Knoll SOM

Hospitalman Theresa D'Ambrosio, 6th Deck Leading Petty Officer for Nursing Service, has been selected as the Naval Regional Medical Center Oakland's Sailor of the Month for March.

Her superiors report she has a high sense of loyalty to the Navy, is a quick learner and an effective, responsible leader... all with a cheerful and cooperative attitude. Nursing Service named her its corpsman of the month for February.

Theresa, the daughter of John and Barbara D'Ambrosio of Rosyln, Pa., has been in the Navy nearly two years. Following recruit training in Orlando, Fla., she completed Hospital Corps School at Great Lakes, Ill., and was assigned to the Oak Knoll staff about 17 months ago. She will depart in the near future for a new assignment in Little Creek, Va.

"I feel extremely honored to have received this award," she said. "Not just for myself, but for Nursing Service. I think it's important for all the corps staff to now they are recognized as an important part of the hospital, as well as the Navy."

Former Navy doctor dies in alvalanche

Dr. Leroy Nelson, 39, a former Navy physician, and his 11-year-old daughter Laura were among those killed in the massive avalanche which struck the Alpine Meadows ski resort near Lake Tahoe on March 31.

According to press reports, Dr. Nelson, who was an orthopedic surgeon in private prctice in Eureka, Calif., was an athlete who nearly made the Olympic team while in college, and who would run up to 15 miles at a time.

Born in Marion, Ohio, and educated at Purdue University and Jefferson Medical College, he interned at Mercy Hospital in Pittsburgh, Pa., 1969-70, and completed an orthopedic residency at Jefferson Medical College. He served two weeks' active duty at Norfolk, Va., and from 1975 to 1977 was on the staff of Naval Regional Medical Center, Guam. He was never assigned to NRMC Oakland.

His wife Carolyn (Katie) and son Eric were also on the same ski vacation which ended so tragically.

The family moved to Eureka two years ago.

HM3 Daugherty receives NROTC Purdue scholarship

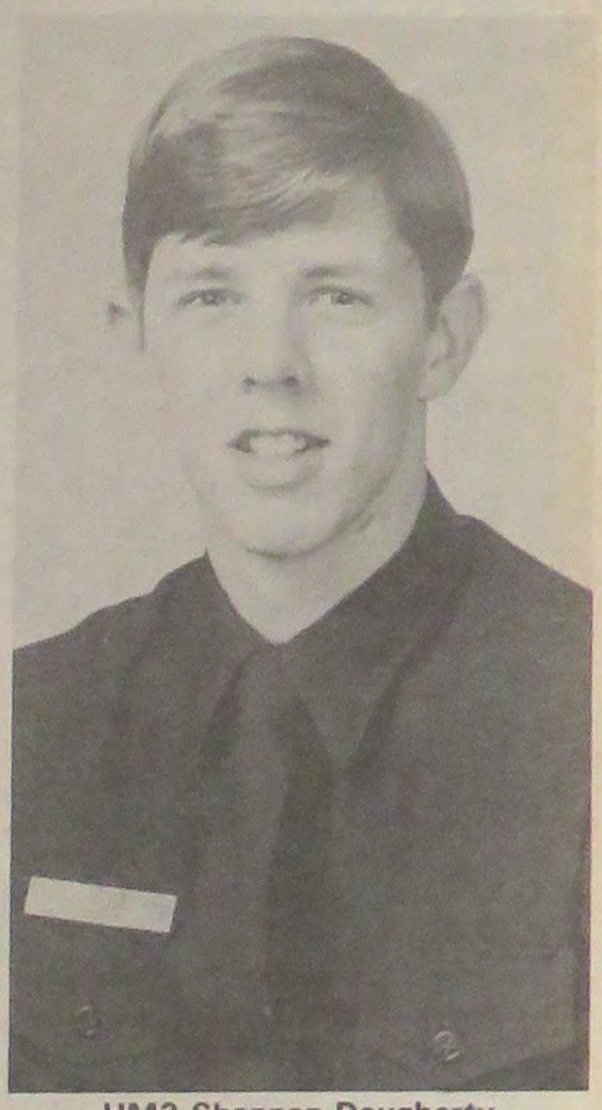
Hospital Corpsman Third Class Shannon F. Daugherty, Administrative Office assistant with collateral duty as driver for the Commanding Officer, has only been at Oak Knoll for about a year, but he is already making plans for his departure.

Shortly after he was assigned here, he set his sights on a civilian education and immediately pursued it, taking calculus at Chabot College in off-duty hours while he applied for a Naval Reserve Officer Training Corps (NROTC) scholarship.

He recently was notified that his goal has been realized—he is accepted into Purdue University, West Lafayette, Ind., and will begin studies on Aug. 25. While in attendance, Petty Officer Daugherty will major in electrical engineering with a concentration in computer sciences. Upon graduation, he will receive a commission in the U. S. Navy and serve as a line officer.

"My advice to any person seeking a NROTC scholarship," said Petty Officer Daugherty, "is to get started early." He added that those wanting a scholarship for the 1983-84 season should start as soon as possible in getting the paperwork completed.

The Spokane, Wash. native enlisted in the Navy in November 1980. He attended Basic "A" Hospital Corps School in San Diego, served as the Educational Petty Officer for his class, and graduated with top honors.



HM3 Shannon Daugherty

His principal hobby is automotive mechanics—"modifying for performance and economy."

The 20-year-old corpsman is the son of Virginia Daughtery of Spokane and James Daugherty of Wheaton, Ill.

Comings and Goings-------

"Fair winds and following seas" to the following personnel who have recently detached:

Lieutenant Commander Patricia Lauermann, Nurse Corps, to Pearl Harbor.

Lieutenant (junior grade) Pauline Suszan, to NRMC Guam.

Hospital Corpsman Second Class Ellen Hopkins, released from active duty.

Hospital Corpsman Third Class Brian Smead, to NRMC Beaufort, S. C.

Hospitalman Eric G. Wynne, released from active duty.

Hospitalman Donna M. Cardo, to NRMC Guam.

Seaman Apprentice Robert Cox, released from active duty.

Hospital Corpsman Third Class Clifford Towle, released from active duty.

Hospitalman Julian Gardner, to 2nd Marine Division, FMFLANT.

Hospital Corpsman Third Class Gregory Leavitt, to USS SHREVEPORT (LPD-12).

Hospitalman Charles Collins, to 1st Marine Division, Camp Pendleton.

Hospitalman Jerome Christensen, to 1st Marine Division, Camp Pendleton.

Hospital Corpsman Third Class David Osborne, to NSHS, Bethesda, Md.

Hospital Corpsman Third Class Mark Hill, to NSHS, San Diego.

Hospitalman Donald Lewis, to 1st Marine Division, Camp Pendleton.

Hospitalman Vernon Langford, to 3rd Marine Division, FMFPAC, Okinawa.

Hospital Apprentice Preston Thrift, to 1st Marine Division, Camp Pendleton.

Hospital Corpsman Third Class Rodney Taylor, released from active duty.

"Welcome aboard" to newly arrived:

Lieutenant John Chemycz, Nurse Corps.

Lieutenant Elizabeth Nolan, Medical Service Corps, to Pharmacy, Treasure Island Branch Clinic.

Ensign John Mitchell, Clinical Clerk.

Commander Steven Gibbs, Medical Corps, ACDUTRA.

Ensign Ross Dykstra, Clinical Clerk.

Ensign Karen Mehalek, Clinical Clerk.

Hospital Corpsman Third Class Leslie Hopper, PMT School.

Hospital Corpsman Third Class Richard Justice, PMT School.

Hospital Corpsman Second Class David Mickey, PMT School.

Hospital Corpsman Third Class Michael McMahon, PMT School.

Hospital Corpsman Third Class Joseph Clark, PMT School.

Hospital Corpsman Third Class Janis Colokathis, PT/OT School.

Hospital Corpsman Third Class Timothy Mueller, Nursing Service.

Hospital Corpsman Third Class Troy Johnston, PT School.

Lieutenant Commander Donald Phillips, Nursing Service.

Hospitalman Patti Sis, OR School.

STSSN Stanley Atkins, Operating Management.

Hospitalman Michael Morgan, OR School.

Hospitalman Howard Hart, Nursing Service.

Hospital Corpsman Second Class Charles Purdin, Psychiatry Service.

Hospitalman Recruit Thomas Ferrer, Nursing Service.

Hospital Corpsman Third Class Robert Denicola, Special Services.

Hospitalman Timo Saarinen, Nursing Service.

Hospital Corpsman Third Class Mary Ann Smith, Pharmacy.

Hospitalman Recruit Michael P. Baskerville, Nursing Service until June, then OR School.

Hospital Corpsman First Class Dorian Carranza, Pharmacy.

Hospital Corpsman Third Class Dennis Clark, Clinical Investigation Center.

Hospital Corpsman Third Class Rodney Cheser, Medical Repair.

Hospitalman Recruit Scott Schwenkler, Nursing Service.

Hospitalman Recruit Neil R. Collinge, Nursing Service.

Hospital Corpsman Third Class Martin S. Blanko, ER/Primary Care.

Hospital Corpsman Third Class Gary Smith, Laboratory.



AMONG THE LUCKY ONES—Three of the top winners in the recent Blood Donor Drive raffle were (l to r): MM3 Jeffery Smith, Operating Management; HA Donald W. Brewer, Drug Screening, and LT William H. Noble, III, Radiology. Petty Officer Smith won dinner for two at Carlos Murphy's; HA Brewer, dinner for two at Scoma's on Fisherman's Wharf, and Dr. Noble, dinner for two at the Elegant Farmer. Winners of three lines of bowling were LT John C. Ticer, DT Valerie J. Barbeauld, Mr. Walter L. Short, LCDR Robert K. Ridgeway, Mr. Michael D. Cotter, Ms. Melinda L. Rexford, HM1 Rose L. Hymel, and Mr. Dwayne L. Sanders.

Blood Bank appreciative of support

Blood Bank personnel would like to thank all of those who have given blood this past quarter, either at the Irwin Blood Drive on March 9-10 (260 donors!), or at our own donor center.

Much of this blood has been used to support surgical patients. Other units were used to help premature infants get a good start in life. Platelets, white blood cells, cryoglobin, plasma, and hemofil (Factor VIII) were used by patients with special problems, such as those undergoing chemotherapy.

Blood Bank officials would also like to thank all the keypersons who helped recruit donors for the Irwin Blood Drive, especially **Ruthie Minarik of Housekeeping** and **HM3 Cynthia Moss of PMT**. Both these keypersons put even more effort than most into this duty.

AND OF COURSE. . . special thanks to Pastoral Care Service, which had 100 percent participation by their staff in the same recent drive.

Parents alerted re drug-laced tattoo transfers making rounds

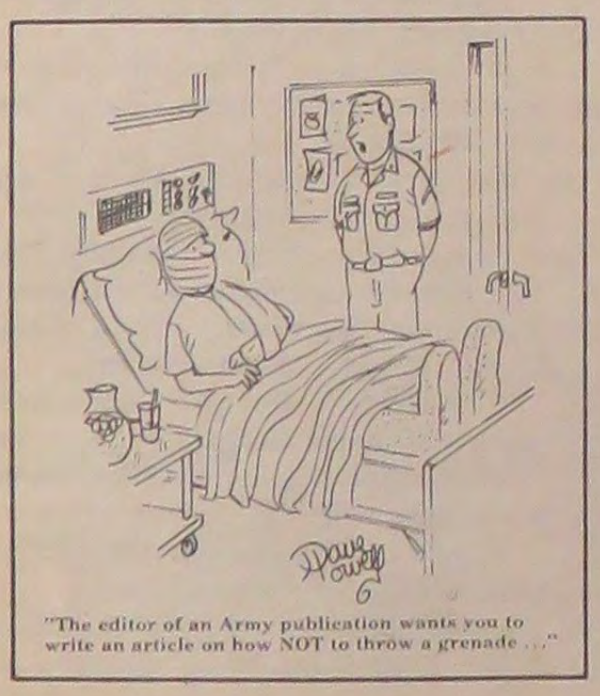
Drug abuse prevention officials warn parents to be on the lookout for drug-laced paper tabs, sometimes called "blotters," "stamps" and "tattoos."

These are small squares of absorbent paper or tattoo transfers that have been soaked in liquid LSD. They may have pictures of Superman, Mickey Mouse dressed as the Sorcerer's Apprentice, Dopey or other familiar cartoon characters. Tattoo transfers may be in the form of blue stars or other figures.

Officials say the age group deliberately using the drugs is between 15 and 20 years, but warn that little brothers and sisters may happen upon the items and absorb the drug accidently. This can be done by placing the paper in the mouth and licking it. Youngsters may also be given the tabs or tattoos by older children wanting to "have some fun."

Authorities report that the bright colored tabs of paper impregnated with LSD first showed up in New England but have spread to other areas of the country. They report also that there has been a gradual resurgence of LSD use in the past three years.

For more information, contact the local drug abuse prevention office, security police, or local police. (AFPS)



"The editor of an Army publication wants you to write an article on how NOT to throw a grenade . . ."

Telling your doctor about pai

By HMCM Kennedy

Pain is the body's alert system that tells you something is wrong. During a routine medical examination, the doctor will ask you to describe the pain as accurately as you can. So it's important that you know how to answer your doctor's questions.

In describing your pain, begin with the first time you noticed that something is wrong. Inform the doctor of all the things you have done or medicines you have taken to relieve the pain. This is important because if you have taken aspirin or a similar drug, your pain may have lessened and your doctor may not be able to make a proper diagnosis.

As you continue your description, tell the doctor where the pain began and whether it has moved or spread from its original place. To help describe the intensity of the pain, try rating it on a scale of one to 10, with one being the least amount of pain and 10 being the greatest.

Describing the actual pain is probably the hardest part of the examination, but words like sore, achy, sharp, dull, throbbing and cramping are quite helpful. Include in your description, too, whether the pain is constant and wh if anything, makes it better or worse the pain is recurring, indicate wh seems to turn it on or off.

A side note. . .

● Medically speaking, pain is symptom, while tenderness is a si This means that pain is what usually complain of because it is th even when you rest; tenderness is pain you or the doctor may produce touching or pressing parts of yo body. Sometimes there is a very sub difference between pain and tend ness. But when you undergo a physi examination, you should be able to d tinguish them.

● If the doctor presses on a pa that never hurt before—but do now—he or she has found a tend spot. If such a spot is found, the doc may press that same place on the ot side of your body for comparison.

● If you already have a tender sp pressing it will make it feel worse it's important if a little pressure pr duces a lot of tenderness. You ca the one to 10 scale to tell this to y doctor, too. (NES)

Director predicts lower cost for CHAMPUS beneficiaries

Changes in the Defense Authorization Act that went into effect the first of this month will result in lower out-of-pocket costs for CHAMPUS beneficiaries. The changes should also increase participation by physicians and other health care providers in the military health program.

CHAMPUS is a cost-sharing program for the health care received in civilian facilities by military dependents, retirees and their dependents. After yearly deductibles are paid by beneficiaries, CHAMPUS will pay either 80 percent (for dependents of active duty members) or 75 percent (for retirees and their dependents) of an allowable charge. The "allowable charge" is the maximum that CHAMPUS will pay for a specific medical procedure or service.

"The legislation simplifies the procedure for determining allowable charges and permits an update every six months instead of annually," explained Theodore D. Wood, OCHAMPUS Director. "This means CHAMPUS payments will more accurately approximate the current fees charged by physicians and other noninstitutional health care providers."

Under the new procedure, CHAMPUS profiles the fees of specific medical procedures charged the year before by health care providers who billed CHAMPUS. Profiles of professional fees for both in-and out-patient s vices are established for each st The allowable charge is then set a level that would cover the fees char by eight of 10 health care provider

According to Wood, "The chan in CHAMPUS reimbursement will al an extra $8 million in benefits o ments the first year. We'll be rel beneficiaries of some of their med costs and hopefully attracting m health care providers into the CHA PUS program."

Overseas drug penalties sever

A new "dangerous drug" act, wh became law in the Republic of Philippines March 2, substanti increased punishment for many d offenses. Under the provisions of new law as presently understood, U servicemembers will no longer be el ble for probation if convicted in Philippine court, and any drug offe will result in a mandatory prison ter

Penalties under the new law ra from a minimum of six years imprisonment for possession of any amount marijuana (12 to 20 years confinem if the marijuana includes seeds) death or life imprisonment for sale drugs to minors or to an individual w dies from drug use. A person w maintains a residence in which dru are used may also be subject to minimum sentence of 12 years prison.

Since July 1, 1979, 15 Na Department personnel have been c victed of drug offenses by Philipp courts. All but one received probat If the new law had been in effect at t time, all 15 would probably now serving sentences ranging from six 12 years in Philippine prisons. M cases involved possession of less th one ounce of marijuana.

Interns visit shi

Thirty-seven Oak Knoll medi interns are learning a bit about aboard an aircraft carrier this month they take one-day orientation perio aboard the USS CORAL SEA (CV-4 homeported at NAS Alameda.

The shipboard introduction is part the operational medicine training of t Navy physicians.



NEW INSTALLATION—It was a busy scene near the loading dock at the rear entrance to the hospital a couple of weeks ago as a new trash compactor was being installed. The updated equipment will handle 40 cubic yards of refuse, twice the former capacity. It is more sanitary, safer, quieter, and easier to use. In a normal day's operation, the hospital accumulates two to three tons of refuse each day.

ed Cross volunteers recognized

About 50 Red Cross volunteers who e given many long, faithful years of ice to this Navy hospital, were honored in a recognition coffee March 24 in the Officers' Dining Room.

With Mrs. Ardeth Sklinchar, Chairman of Volunteers emceeing the program, speakers included Mr. Lowell Cornwall, Acting Station Director, and Captain Joseph P. Smyth, Deputy Commanding Officer and Director of Clinical Services.

Presenting awards and pins were Captain L.H. Kallen, Captain Jan Emal, Captain Charles Scott and Commander Stanley Bagbey

Volunteers honored were Helen Ayres, Ella Rose, Peg Gruner, Gloria Hewitt, Hazel Daniel, Beverly Portillo, Mary Passanisi, Alva Reiner, Ruth Haberman, Shirley Schalla, Doris DeFelice, Pat Taylor, Enid Harvill, Ethel Nutting, Blanche Duarte, Gina Fenton, Johanna Onffroy, Irene Figroid, Mary Herleman and Loretta Jahromi.

Also, William Brett, Leta Palmer, Pat Rasmussen, Bessie Bradley, Doris Gibson, Edna Hudson, Marjorie Lefffer, Marion Nelson, Mary and Francis Paternoster, Pat Accord, Kim Boulware, Gary Brown, Anita Browning, Barbara Elkins, Irene Hodge, Caroline Nelson, Margaret Baily, Rose Butz and Cliff Henderson.

Also, Tess Bryner, LT Joyce Campany, Rose Chapman, Neal Evans, Dolly Helbush, Vickie Keys, Rose Lody, Robin Offerman, Kevin Pike, Beverly Portillo, Mercedita Del Rosario and Diane Shigley.

They come from Oakland, San Lorenzo, Newark, Half Moon Bay, San Leandro, Walnut Creek, El Cerrito, Piedmont, Richmond, Livermore, Castro Valley, Hayward, Berkeley, Lafayette, Concord and Mountain View.



NG IN SPIRIT—Mrs. Ella Rose, ntly retired Red Cross volunteer, proaching her 93rd birthday but she already misses coming to hospital to deliver home-baked ies and chat with patients. After iving an award from Captain eph P. Smyth, she landed a ty kiss to his cheek. He invited to visit the medical center anyshe likes, and she came back . "What are you doing tomor-?"



GREETING THE VETS—Captain Joseph P. Smyth, Director of Clinical Services, congratulates Red Cross volunteers who have given more than 20 years service to the hospital. Left to right, they are Peg Gruner, 32 years; Ella Rose, 40 years; Mary Passanisi (kneeling), 26 years; Helen Ayres, 40 years and Gloria Hewitt, 32 years.



RECREATION VOLUNTEERS—Captain L.H. Kallen of Psychiatry Service, presents special awards to fifth floor recreation volunteers. They are (l to r): Gloria Hewitt, Peg Gruner, Beverly Portillo and Hazel Daniel.

arry career goals to Navy needs vises senior woman line officer

LTJG Beverly Dart

ay Area women officers took ntage of an unusual opportunity to er and share their experiences, as omen attended a recent luncheon AS Alameda.

eatured speaker for the occasion CAPT Roberta L. Hazard, comding officer of Naval Technical ng Center, Treasure Island, and r female line officer in the Bay

e luncheon, hosted by NAS eda commanding officer CAPT an D. Campbell, drew women 28 local commands and a wide ty of communities. The initial tion for many was the forum to informally and exchange ideas; utcome was a positive yet realistic rcement of the role of women rs throughout the Navy.

eaking of "a measured response e 'uncertain trumpet' which calls ilitary women," CAPT Hazard hed the developing role of women avy surface, aviation, and tricted line communities. That tainty, she points out, is both nal and internal. It is an uncertainty ogress at the highest levels of rship, as well as an uncertainty to modern women's conflicting es and aspirations.

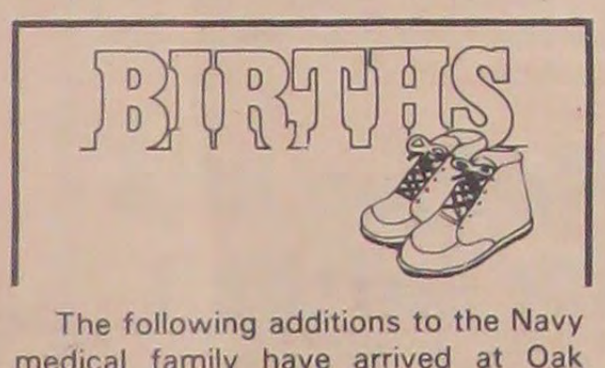
rmerly assigned to the Office for en's Affairs, OPNAV, CAPT d offered down-to-earth advice searching subspecialties with an future competitiveness. Explaine outlines of the leadership career ession (division officer through nanding officer), she nevertheless ted the need for individuality in selections.

ecide what your own career goals she urged, "and marry up the 's needs with them." She ded her audience, "In guiding selections, you can't fault the m for the choices you have made ourself. Set your sights on what you want—then go after it whole-heartedly."

Although recognizing current legislative constraints on women's career development, CAPT Hazard exuded enthusiasm in evaluating the current bank of talent and skill from which the Navy must inevitably benefit. "New ideas take time," she acknowledged, "but that time is coming."

"The biggest contribution we can make," she concluded, "is through our outstanding performance. "It's the simplest key to success."

Luncheon attendees represented the Navy's unrestricted line community, Nurse Corps, Medical Corps, Medical Service Corps, Supply Corps, Judge Advocate General Corps, and the U. S. Coast Guard.



The following additions to the Navy medical family have arrived at Oak Knoll:

A baby boy to Lieutenant Suzanne Rae Drebing, 8 West, and her husband Laurence, March 29.

A baby boy to Captain Lowell Kallen, Psychiatry Service, and his wife Erica, March 31.

NOTE: Last edition of Oak Leaf was supposed to carry an item on the birth of a daughter to one of our staff members. Due to a problem at the printer's (it happens to the best), the item read: "A baby girl to Lieutenant Harvey L. usually retire from active duty at P. O. Box 231, Silver Springs, Md."

With apologies to the proud parents, please make that read:

A baby girl to Lieutenant Harvey L. Simpkins, Physical Therapy, and his wife Dawn, March 18.

Coupons may cut costs

Those money-off coupons found in the newspapers and magazines might not lower your commissary shopping bill after all if you fall for the manufacturer's ultimate scheme.

A substantial savings may be possible if a concentrated effort is made to clip coupons for products that you normally buy. However, many of the coupons are for new products with large "savings" of 25 to 50 percent off the regular price. The intention of the manufacturer is for you to add this product to your shopping list. If you do, you've just added more money to the total of your bill.

Coupons are not really "free." The prices you pay for many items include markups by the manufactuer that allow the company to recover the value of the number of copies it expects will be redeemed. Despite this, it is to your advantage to use coupons if restricted to those items on your regular shopping list. A few minutes a day clipping coupons could reduce your monthly shopping totals.

At most commissaries patrons are asked to give coupons to the cashier before the order is rung up. Remember to provide only those coupons for items you are purchasing and be sure to check the expiration date of each coupon.

Faulty toys recalled by exchange service

The Army and Air Force Exchange Service (AAFES) has found that four infant's squeeze toys sold in exchanges are defective.

AAFES is recalling the toys, Style Number 06273 manufactured by Reliance Productions Corporation, because paint can be removed easily by a child and swallowed. Although the paint is labeled non-toxic, AAFES' quality assurance specialists consider the condition undesirable in a children's product.

The toys, a squeezable vinyl dog, cat, monkey, and mouse, sold for $1.35 in exchanges. The manufacturer's name is printed on the bottom of the toys.

AAFES has removed them from sale and urges customers to return the items to an exchange for full refund.

Also, a potential hazard has been found in teething beads, Style Number 6265B, manufactured by Baby World. AAFES is recalling the infants' item and has removed it from exchange shelves.

The strand knots holding the multicolored plastic beads are loose and not hidden. The knots can be easily untied resulting in the infant swallowing the loose heads. Customers who have bought defective Baby World teething beads should return them to the exchange for full refund.



CPO BALL—HMC Al Esporo and his wife Lori keep step with the band at the April 2 Spring Ball sponsored by the Chief Petty Officers' Association at the Porthole.

(Photo by HMCS Nathaniel Jenkins)

MOVIES

Friday, Apr. 16, 6:30 p.m.—THE LONG RIDERS—The Carridine Brothers, the Keath Brothers—Western/R

Saturday, Apr. 17, 1 p.m.—101 DALMATIONS—Animated—Action-Comedy/G

Saturday, Apr. 17, 6:30 p.m.—THE RIPOFF—Lee Van Cleef, Karen Black—Drama/R

Sunday, Apr. 18, 6:30 p.m.—THE FIGHTING SULLIVANS—Anne Baxter, Thomas Mitchell—Drama/G

Monday, Apr. 19, 6:30 p.m.—THE WILD GEESE—Richard Burton, Stewart Granger—Action-Adventure/R

Tuesday, Apr. 20, 6:30 p.m.—BUDDY BUDDY—Jack Lemmon, Walter Mathhau—Comedy/R

Wednesday, Apr. 21, 6:30 p.m.—THE RETURN—Jan-Michael Vincent, Cybill Shepherd—Sci-Fi/PG

Thursday, Apr. 22, 6:30 p.m.—TAPS—George C. Scott, Timothy Hutton—Drama/PG

Friday, Apr. 23, 6:30 p.m.—OCTAGON—Chuck Norris, Karen Carlson—Action/R

Saturday, Apr. 24, 1 p.m.—THE BLACK STALLION—Mickey Rooney, Kelly Reno—Drama/G

Saturday, Apr. 24, 6:30 p.m.—SERIAL—Martin Mull, Tuesday Weld—Drama/R

Sunday, Apr. 25, 6:30 p.m.—PEPE—Dan Dailey, Shirley Jones, Comedy/G

Monday, Apr. 26, 6:30 p.m.—WINDOWS—Talia Shire, Joseph Cortese—Drama/R

Tuesday, Apr. 27, 6:30 p.m.—ON GOLDEN POND—Henry Fonda, Katherine Hepburn—Drama/PG

Wednesday, Apr. 28, 6:30 p.m.—CINDERELLA—Animated-Fantasy/G

Thursday, Apr. 29, 6:30 p.m.—RICH AND FAMOUS—Jacqueline Bisset, Candice Bergen—Drama/R

Amusement discounts

GREAT AMERICA

Regular price (4 to 54 years) $13.95; thru Special Services Ticket Office, $11. (Seniors 55 and up may purchase tickets at the park for $7.95). Center is open Saturdays and Sundays only until May 28, then daily thereafter from 10 a.m.

MARINE WORLD AFRICA USA

Regular price $9.95 adults, $6.95 children; thru Special Services, $8 and $5.50. Open Wednesdays through Sundays until May 31; daily thereafter from 9:30 a.m. to 5:30 p.m.

SANTA CRUZ

Beach Boardwalk—Regular price $8.50 for entrance and all rides; our price $7 when purchased with Beachcombers Club Card. Private picnics and beach parties can be arranged with the Santa Cruz Beach Boardwalk and prices include unlimited rides for the entire day.

Sun Room—A new restaurant on the Boardwalk. Sunday brunch (both buffet and ala carte, 9:30 a.m. until 2 p.m., $6.95 to $8.95.

Coconut Grove—Separate from the Boardwalk. Name bands play there during the summer months.

Golf team forming

Active duty personnel are needed to form the 1982 Varsity Men's Golf Team at Naval Regional Medical Center Oakland.

Contact Ron Brown at Ext. 2350 if you are interested. League play commences in early May.

U. S. Government Printing Office
1979-33235-689-150/1

Billy Ball

Get tickets nov

Due to popular demand of A's fans at NRMC Oakland, the base Special Services Office has purchased a limited amount of tickets to what promises to be the best games of the season at the Oakland Coliseum. Bumper stickers are also available free.

The June 6 day game where the A's meet Milwaukee, and the July 11 day game between the Oakland team and Baltimore have been designated Naval Regional Medical Center Oakland days at the Coliseum. These games and the ones with New York (May 13 and 14 night games; May 15 and 16 day games; July 7 and 8 night games) are extremely popular. Our tickets are limited and must be sold for the New York May games BY THE END OF APRIL. All other tickets must ordered three weeks prior to game.

Tickets purchased through Spe Services will be one-half price fo active duty military, children under including age 14, and seniors (55 over); one dollar off for regular pri tickets. The seats for all games are l seats. Prices: Active duty milit children and seniors, $4.25 each; other regular tickets, $7.25. In cas a game cancellation, only rain che are given.

Don't be shut out when the A's (hopefully) shutting out New Y Milwaukee and Balitmore! Or for tickets are being taken now must be paid for when placed.

Scenes by the Sidelines

By Ron Brown

ENT and Special Services met for the NRMC Oakland basketball crown on Ap and results will be published in the next *Oak Leaf* edition.

The week previously, ENT maintained its momentum with a stunning defea fourth place OPD by a score of 56-44.

Special Services had it a little rougher as they had to go into an overtime perio seek out a close 48-47 win over Medicine.

Special Services will have to beat ENT twice to win the overall champions (This is the structure of the playoffs since ENT won undisputed first place in reg league play with a 16-1 record.)

Following is the box score from the league playoffs held March 31.

TEAMS

ENT				OPD		
Player	FG	FT	TP	Player	FG	FT
Smythe	6	4	16	Tosig	0	0
Barclay	3	0	6	Parker	0	0
Burton	8	3	19	Daniel	11	3
Bonilla	4	5	13	Ford	0	0
Johnson	0	0	0	Graham	0	0
Spinks	1	0	2	Thomas	1	2
Trapp	0	0	0	Tyrone	4	0
Alfred	0	0	0	Mays	3	1
	22	12	56		19	6

OVERTIME

MEDICINE				SPECIAL SERVICES			
Player	FG	FT	TP	Player	FG	FT	T
Baez	2	0	4	Baldwin*	8	3	1
Riehle	2	1	5	Day	4	0	8
Terry	5	1	11	Booker	4	0	8
Williams	9	5	23	Anderson	2	0	4
Paulin	0	0	0	Fontillas	2	1	5
Clayton	1	0	2	Peralta	1	0	2
Nelson	1	0	2	Lewis	1	0	2
Myrick	0	0	0	Thrail	0	0	0
	20	7	47	Marumoto	0	0	0
					22	4	4

*** Baldwin scored winning basket.**

Not too late for softball

It is still time to enter a softball team in the 1982 Intramural League.

Ten teams have entered thusfar. They are: PMT School, Pharmacy, Ortho, MSC, Special Services, Nursing Service, Med Repair, CPOs, Gen Medicine and Lab.

Classifieds

FOR SALE

1978 Lancer Colt, 2-door hard top, metallic red, good condition, less than 23,000 miles. Asking $3,000. HM3 Barbara Butler, OR, 639-2023.

April 25th–

Set clocks ahead one

hour at 2:00 a.m.

Spring Ahead



Vol. 44, No. 8

the Oak Leaf

NAVAL REGIONAL MEDICAL CENTER. OAKLAND. CALIFORNIA.

Friday, April 30, 1982



'MOTHER' TO THOUSANDS—Nursery Charge Nurse Carol Shore tenderly holds newborn Amber Jade Moore, only one of the thousands of infants she has lovingly cared for during 18 years of employment at Oak Knoll.

Surrogate mother has loved 100,000 newborn infants

Mother's Day is just around the cor- and *Oak Leaf* would like to honor e who is something special.

Although she has four grown ildren of her own, nursery charge rse Carol Shore has probably played rrogate mother to nearly 100,000 w babies born at Oak Knoll in her 18 ars of employment here.

Though in a supervisory position, e personally does much of the thing, feeding and caring for the wborn in the intensive care, inter- diate care and normal nursery s—and she forms an emotional achment with all of them, especially se preemies or others needing ended care.

"They all have different per- a'ities, as young as they are," she s, adding that she truly enjoys her rk and the satisfaction it brings. "It's ecially rewarding when a seriously aby you've cared for makes a full overy and grows into normal child- d."

Many of the infants' natural mothers p in touch by bringing their spring by to show Carol how y've grown. Others correspond ularly, even from Europe, to send pshots and report on their dren's progress. The nurse sures this correspondence and ps a scrapbook to preserve the orts.

n her employment here, she has d for several sets of twins and one of triplets. The smallest newborn under her care weighed 1 lb. 13 oz.; the largest, a little over 13 lbs.

Her own children are two daughters, 24 and 22, and twin boys, now 20 years old.

Libby heads participation in AF Day

Lieutenant (junior grade) Joel Libby is serving as this year's project officer for coordinating Naval Regional Medical Center Oakland's participation in the Bay Area observance of Armed Forces Week, May 10-15.

Key events include an Armed Forces Week luncheon for the San Francisco business community May 13; an Armed Forces parade featuring units from all uniformed services on Friday, May 14 in downtown San Francisco; Navy exhibits and displays throughout San Francisco May 14-15, and visiting ship open house and special boat unit demonstrations at the Embarcadero, May 14-15.

Capping Armed Forces Week again this year will be the Armed Forces Ball to be held at Naval Station Treasure Island on Saturday, May 15. The Navy, in cooperation with the San Francisco Chamber of Commerce, will again host this gala black-tie affair. An "Admiral's Buffet" will be catered by the Fleet Admiral Nimitz Officers' Club; entertainment will be provided by both the civilian and military communities, and bands from the Army and Navy will play for dancing.

Invitations are extended to all members of the Armed Forces, active duty, reserve or retired, and to civilian friends of the Armed Forces. Participation is open this year to all ranks and rates and, like last year, promises to be a sellout. For tickets and complete information, contact the COMNAVBASE San Francisco Public Affairs Office at (415) 765-6056.

National theme for the 1982 Armed Forces Day observance is "Peace Through Strength."

Mother's Day Flower Sale

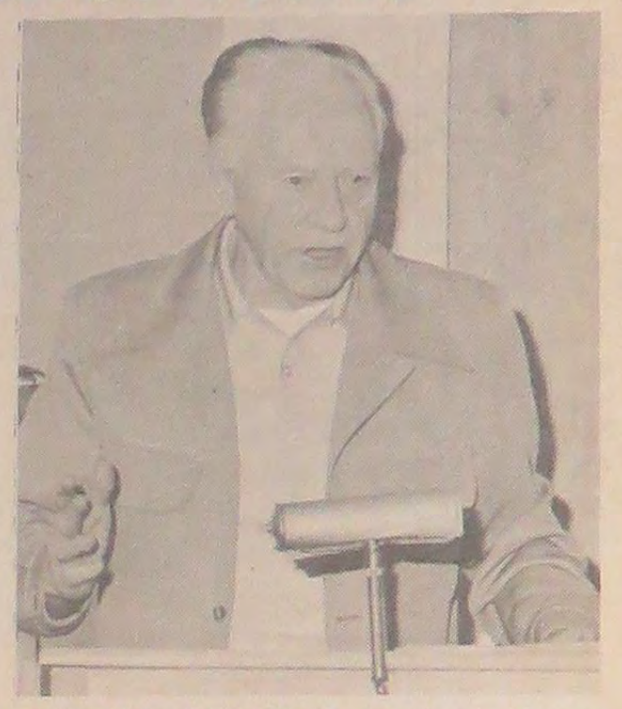
lay 5, 6, 7—Main Hospital Lobby
To Benefit Navy Relief Society
Fresh, fancy, red Caramia ses. Fantastic deal—while they st!
Only $9 per dozen (retail in San ancisco for $65 per dozen).
Cash and carry. Advance orders ccepted when paid for in dvance. Contact LCDR R. K. dgeway or HM1 Joyce Burrus, hysical Therapy, Ext. 2271.
Buy for family, friends and ighbors!

Keypersons appointed, game approved to benefit NRS

Keypersons have been appointed and the annual Navy Relief Society fund drive is going into full swing throughout Naval Regional Medical center Oakland under direction of project officer Lieutenant Commander Robert K. Ridgeway. The drive will run through June 6.

A fun (and fund raiser) game of challenge has been approved for all who wish to participate. This game pivots on one or more individuals who challenge performance or regulation in return for a donation to the Navy Relief Society. These are the rules:

- The challenger initiates the challenge by submitting a written note containing name of challenger(s); name of the individual or group being challenged; statement indicating the task or modification of behavior/rules requested; amount of money to be donated if the challenge is accepted.
- All challenges must be submitted to OS1 Randy Franks at the Information Desk, Ext. 2411, and will be screened for appropriateness prior to the beginning. No challenge will be accepted if it is unsafe or degrading to an individual.
- Any member of the NRMCO staff may participate, military or civilian.
- The challenge must be accepted by the individual or group being challenged.
- The individual or group being challenged has the right to (a) Refuse the challenge; (b) Accept unconditionally; (c) Modify the terms of the task or the amount to be donated and have the challenge returned to the challenger for his acceptance.
- Payment in the form of cash or check made out to the Navy Relief Society must be received by OS1 Franks prior to activation of the challenge.
- Challenges may be submitted between now and May 28.
- Accepted and paid challenges will be posted on a bulletin board on the third deck.



KICKOFF SPEAKER—Retired Navy Captain Seth Howard of the Navy Relief Society office at Alameda Naval Air Station reports to NRMC Oakland keypersons on the accomplishments of Navy Relief in assisting personnel in need.

To make direct contribution to the Navy Relief Society, contact the appropriate keyperson for your service. They are: HN Dion Duncan, Orthopedics; HM3 Joel Welter, Neurosurgery; LT Mark Terry or HM2 Aurelio Esguerra, Ophthalmology; LT Faythe Weber, Food Management; SH2 Ronald Abad, Special Services; CAPT Ricci Larese, Pediatrics; HM3 Stephen Palmer, Dermatology; LT Kathy Brown,

(Continued to page 4)



WITH PLEASURE—Rear Admiral Walter M. Lonergan, Commanding Officer, makes the first donation from the medical center for the 1982 Navy Relief Society Drive. Accepting his personal check is Lieutenant Commander Robert K. Ridgeway.

EDITORIAL

Navy's top leaders stress need for maritime strength

Secretary of the Navy John Lehman, Chief of Naval Operations Admiral Thomas B. Hayward, Commandant of the Marine Corps General Robert H. Barrow, and Vice Chief of Naval Operations Admiral William Small joined in stressing the need for strengthening our maritime forces in addresses to the Navy League of the United States' Sea-Air-Space Symposium and Annual Convention in Washington, D. C., earlier this month.

Speaking to an audience of 1,900 Navy League members, industry leaders, sea service guests and their families, Secretary Lehman noted the increased support of the American people for a strong Navy, and described the Navy's budget program as an opportunity "that will enable Congress to break out of the cycle of cost-overruns and deferred cost growth that has plagued defense policy for at least the past decade, 'History," the Secretary added, "clearly shows that nothing is more costly than the outbreak of war."

The Secretary described former President Theodore Roosevelt as a primary architect of the restoration of American seapower nearly a century ago. He praised Roosevelt as a "practical idealist," and said, "we can restore our naval strength—not in the great by-and-by—but now."

Admiral Hayward told guests of the Navy League Chief Executive Officer's luncheon that 1982 has been a "good year," and he predicted that planne increases in naval strength would offer the U. S. total global flexibility in conjunctio with its allies by the mid-to-late 1980s. The CNO described a dramatic change in th personnel picture between this year and last, and called Navy men and wome "proud, capable people doing a superb job."

General Barrow, the convention's keynote speaker, speaking to convention deleg ates, highlighted as this year's "brightest picture" the quality of Marines bein recruited and retained. He called modernization proposals for the Marine Corps "significant leap" forward and described the Marine Corps' portion of the budget a "a judicious improvement over years past."

Admiral William Small, Vice Chief of Naval Operations, also addressing conven tion delegates at the annual awards luncheon, welcomed the supportive attitude o the Congress and administration for valid defense needs and the encouragement an respect shown military personnel by the American people. He pointed out that th Navy must continue to earn that respect through good management, urging thos responsible for program acquisition to "give the taxpayers the best buy for the money." The VCNO stressed the importance of cost-effective management by both military and industry in making maritime superiority truly affordable.

Our patients write. . .

I would like to express my sincere appreciation to your entire staff for the professional and courteous treatment I received during a recent stay. From entry to exit they gave me the "Red Carpet."

I was admitted on March 24, 1982 as one of Dr. Umfrid's. . . patients. He performed a . . . test on the 25th and I was released on the morning of the 26th. The doctors, nurses and corps persons of Wing 9 South were especially super.

J. E. Morrison
Commander, U. S. Navy
Oakland Army Base

Political activities restricted for Navy military, civilian staff

As another election year begins, Department of the Navy personnel should be aware of the regulations regarding participation in, or support of, political election activities.

Acts of omission may be equally as damaging as acts of commission.

It is the civic responsibility of every citizen, uniformed or civilian, to exercise his or her voting privilege. Information on the Navy Voting Campaign 1982 is contained in Military Personnel Manual Article 6210220 and Navy Military Personnel Command Notice 1741 dated Jan. 12, 1982.

Although as citizens individuals are encouraged to vote in elections, there are restrictions on Department of the Navy personnel engaging in public activities which could be construed as attempts to influence the outcome of the election or to solicit votes. Permissable and prohibited activities are detailed in Secretary of the Navy Instruction 5370.2G (Standards of Conduct), Military Personnel Manual Article 6210220 and 6210240, Marine Corps Manual Paragraph 1742.3, and Federal Personnel Manual Chapter 733.

Government facilities are not to be used, or even appear to be used, to endorse, benefit or favor any political organization, nor is Navy participation to be associated with the solicitation of votes in a political election.

Political information disseminated through Navy channels must be factual only. Features such as commentaries and political polls are not allowed.

Crisis management—all in a day's work

Whatever gave you the idea that a normal day was a day without interruptions? A perfectly normal day is full of interruptions. Interruptions are your job. It's an attitude.

Learn to accept the non-controllable. Control the controllable.

Keep interruptions short. **Be ruthless with time but gracious with people.**

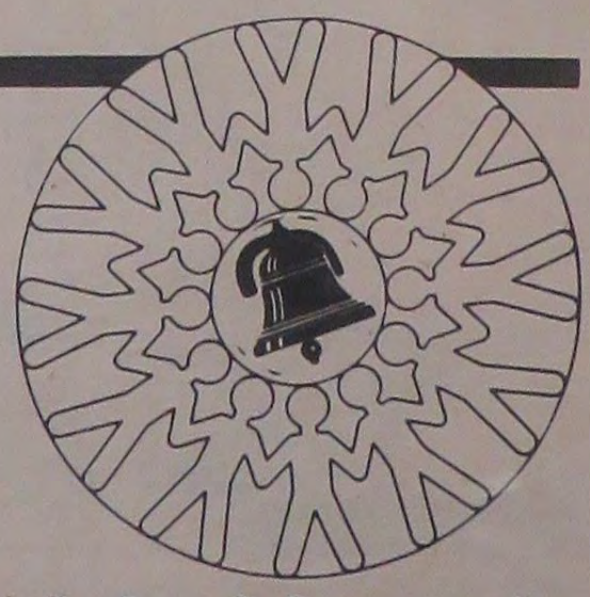
Learn to say "no." But don't let them go away empty-handed.

Turn the crisis into an opportunity. **Run the crisis, don't let the crisis run you.**

Before making crisis decisions, step back, **allow some thinking time.**

To stave a crisis, don't start a second crisis.

Practice crisis prevention—anticipate crises. It's all in a day's work, and often in our home life as well.



May is Mental Health Month



'Forces of freedom preserve peace'

We know only too well that war comes not when the forces of freedom are strong, but when they are weak. It is then that tyrants are tempted.

--Ronald Reagan

The strength of the United States serves to protect the American people and helps preserve the peace. We need strength to deter attack, to support the cause of freedom, and to work for a peaceful world. But our nation can be strong only if our defense and foreign policies enjoy broad support at home. For it is in the American people that the ultimate strength of the United States resides—in the patriotism and convictions, in the skills and courage of each of us.

--Secretary of Defense Caspar W. Weinberger
(Annual Report to Congress, Feb. 8, 1982)

When we 'blow it' it's a blast!

Whatever you think of our little paper, you'll probably agree that when *Oak Leaf* "blows it," it's really a blast! And we really outdid ourselves on the last issue, apparently.

In this business we automatically memorize the publication dates of the following two or three issues so that we can plan when stories must run. This gets to be such an obsession that were you to ask us today's date, we might automatically reply with either the date of next issue's deadline, or the day the paper's supposed to be on the street. (We've even been known to date our checks accordingly.)

Our sources and contributors seem to have trouble remembering deadlines, however, and often we don't get information on graduations until after the event has passed and the graduates are on their way to new duty stations, completely unaware that they made news. Naturally, when one of the technical schools gives us the information well in advance, we're delighted and do everything possible to give that story top position and billing.

Such was the case in the advance story Lieutenant Commander M. E. Corne sent us on the graduation of Operating Room Technician Class 82001. Although her memo stated clearly that the graduation was slated for **Friday, April 30, at 10 a.m. in the Clinical Assembly,** somehow our elevator didn't run to the top deck past the stop that read "publication day." So— we printed it in the April 16 issue as occurring "today." Front page, at that! To all the new OR technicians **graduating today,** we apologize—and thank all the readers who pointed out that we may be getting ahead of ourselves.

NAVAL REGIONAL MEDICAL CENTER
OAKLAND, CALIFORNIA

RADM W.M. Lonergan, MC, USN, Commanding Officer

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Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.

Weekend patrol

Surgeon serves Moraga as volunteer policeman

By Betty Beck

Most Navy physicians work long, rduous hours under usually stressful, nd sometimes emotionally debilitating rcumstances, so most would agree at they are justified in spending their ff-duty hours in sports or other creation.

Quite a few are joggers. . . some play team sports. . . many are woodcarers, and at least one or two surgeons ave been known to take up needleoint as both a relaxing, creative hobby nd a craft that helps develop the dexrity so important to their profession.

t's a rare Medical Corps officer, owever, who spends his precious uty-free weekend nights on patrol as fully-qualified city policeman, risking is life fighting crime and protecting his ommunity. Naval Regional Medical enter, Oakland, has such an unusual ndividual on its staff in the person of ommander Ben Tsun-Lin Ho, eye urgeon.

Soon-to-be Assistant Chief of phthalmology and one of only four ye specialists in the Navy to perform oth retina vitreous and laser surgery. r. Ho is also a police academy gradute trained in pursuit, firearms, hand uff procedures, hostage situations, ombat shooting, reflex timing, nighttime patrols and legal implications.

The native San Franciscan and ther of three moved his family from akland to the small, although affluent, own of Moraga three years ago ecause it appeared to be the safest ommunity in the San Francisco Bay rea. He quickly found out, however, hat because of its geographical proxnity to high-crime areas, it interfaced gnificantly. Also, because it is a colge town, quite a bit of rowdiness ccurs on Friday nights. Although he as already coaching a soccer team nd donating time to a scouting rogram, he felt attracted to police ork because "to assist there makes a gger difference." Thus, as an unpaid, olunteer member of the Moraga Police eserves, Dr. Ho contributes one or o full shifts on weekend nights.

"Enforcing the law in a small comunity does have its advantages," he ys, pointing out that "strangers are asily recognized, traffic patterns are miliar to us, we know where the kids ang out,' and we know our eighbors' habits. Also, people tend to spect the law more when it's coming om one of their own."

He finds only a small segment conontational, arrogant and disrespectful police officers and other public sernts. "There is a new breed of adolesnt," he says, "who is aggressive, aware of the limits of the law, and who has an entirely different attitude toward authority, home and society than my generation, often making it more difficult for enforcement officers. Our hands are tied in so many ways. . ."

The Navy doctor says he finds his military and medical training compatible with his responsibilities as a police officer, as all three professions require discretion and decision-making under stress.

At the scene of an automobile accident or other medical emergency in his community, Dr. Ho may perform triage and stabilize the injured if he is first on the scene. Once the highly-trained paramedics arrive, however, the surgeon, an EMT and ATLS instructor, steps back and lets the emergency team take over, standing by to assist victims being extracted from a crashed vehicle, placing flares for oncoming motorists, and offering medical advice only when asked.

There is a unique comradery among the law enforcement team members, Dr. Ho explains. "Because of the stressful situations, we depend totally upon one another." His fellow police officers, many of them also college graduates, respect his profession and call him "Doc," but they consider him one of their own when he suits up in police uniform.

The trim, physically fit surgeon has been in the Navy 15 years. He is a graduate of Amherst, Mass., College and obtained his medical degree from University of Maryland School of Medicine. He trained at Bethesda National Naval Medical Center, San Diego Naval Hospital, Royal Infirmary in Edinburgh (Scotland), Maryland State Penitentiary, Johns Hopkins School of Medicine, and Naval Regional Medical Center, Oakland. Duty assignments have included the Taipei, Taiwan, Defense Command and the Military Assistance and Advisory Group, Addis Ababa, Ethiopia. He completed a fellowship in phakoemulsification, retina and vitreous surgery at Pacific Medical Center and has taught at the same San Francisco hospital. He is currently a retina consultant to the U. S. Public Health Service and conducts a course in combat ocular injuries at Letterman Army Institute of Research.

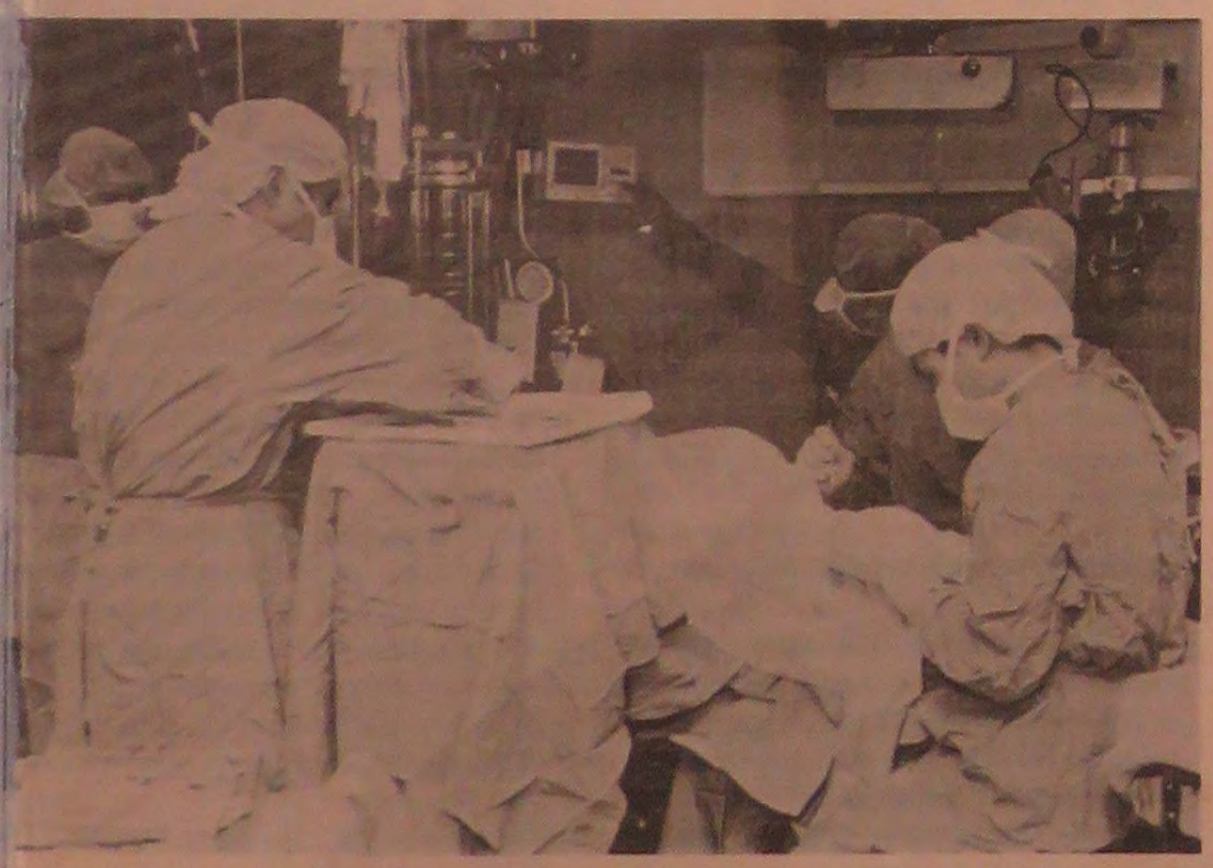
Dr. Ho is a board-certified ophthalmologist, and has been licensed in California for more than 10 years. He has been twice recognized with awards from the American Medical Association.

The physician-policeman began shooting as a hobby while still in college. He has been a member of Navy pistol teams for several years and earned the Expert Marksman award for skill with a .45 caliber automatic pistol. Eight years ago he became interested in scuba diving and is a former member of the Professional Association of Diving Instructors.

Whether wearing a badge on high-risk weekend nights, or performing delicate surgery in a hospital scrubsuit, the modest Ben Ho holds the safety, health and happiness of many others in his obviously capable hands.



COMMUNITY DUTY—Dressed in police uniform and wearing a .357 magnum revolver, baton, mace and a portable radio, Dr. Ho begins his weekend shift on patrol in his hometown.



AVY DUTY—Commander Ben Ho (right) performs delicate eye surgery at aval Regional Medical Center Oakland.

'Open season' begins Monday for civilian health benefit plans

The U. S. Office of Personnel Management (OPM) announced recently that an open enrollment period for federal workers and retirees in the Federal Employees Health Benefits Program (FEHP) will be held from May 3 through May 28. Enrollment changes will be effective on July 1 for retired personnel and on July 11 for most active employees.

During the May open season, employees will have the opportunity to change from one health plan or option to another, or move from a self-only enrollment status to a family status. Employees who are not presently enrolled in the FEHB Program will have the opportunity to enroll. No transfer fee will be levied on those who change enrollment.

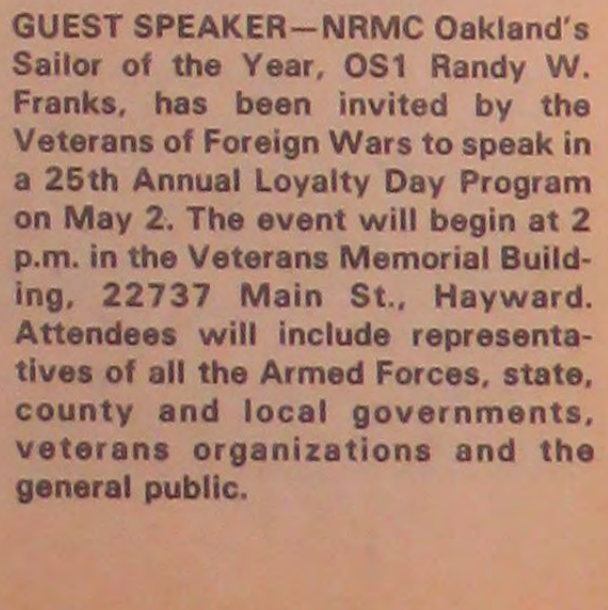
In addition to health plan brochures which are now available, OPM will soon distribute open season instructions and a booklet containing charts comparing coverage offered by the various plans in the FEHB Program.

Hill found guilty in OR robbery

Hospitalman Jon C. Hill, one of the two Navy men charged with robbing the medical center's operating room staff at knifepoint on Jan. 16, 1982, was found guilty in an April 19 general court-martial. He was sentenced to six years' confinement at hard labor at a federal penitentiary, a dishonorable discharge from the U. S. Navy, forfeiture of all pay and allowances, and reduction to pay grade E-1.

His alleged accomplice, Seaman Apprentice Quince Evans, is held in the brig awaiting trial.

Hill was a member of the Naval Regional Medical Center staff and Evans on unauthorized absence from USS ENTERPRISE (CVN-65) at the time of the incident.



GUEST SPEAKER—NRMC Oakland's Sailor of the Year, OS1 Randy W. Franks, has been invited by the Veterans of Foreign Wars to speak in a 25th Annual Loyalty Day Program on May 2. The event will begin at 2 p.m. in the Veterans Memorial Building, 22737 Main St., Hayward. Attendees will include representatives of all the Armed Forces, state, county and local governments, veterans organizations and the general public.

'That nice lady at the Officers' Club'

"Why don't you say something nice in *Oak Leaf* about Betty Hawkins at the Officers' Club? She's always so courteous to others."

After hearing the above comment or a variation several times from our readers, we decided to do just that.

Betty is the club's head waitress and has been employed at Oak Knoll for more than six years. Usually she works the luncheons, where she not only serves the patrons, but does cashiering duty as well. Upon occasion, when parties or special events are on the calendar, she also works in the evening.

This very cordial little lady lives in San Lorenzo with her retired, disabled husband and has raised six children, five of them still living.

The next time you lunch at the club, give her a big smile. She has earned it.



A LITTLE WARM-UP?—Betty Hawkins gives Captain Rainer Schmidt a coffee refill.

Services in South Dakota for NRMCO surgeon's wife

Funeral services were held in Rapid City, S. Dak., on April 21 for Marie M. Cameron, 58, who died of heart failure shortly after arriving at Naval Regional Medical Center, Oakland, for emergency treatment April 15.

Mrs. Cameron, daughter of the late William and Mae Dickinson, was the wife of Navy Captain Douglas E. Cameron, surgeon on the staff of NRMC Oakland. The couple's children are Douglas E., II, 35, of Fairmont, Minn.; Debra Cameron, 29, of Salt Lake City, and Catherine Jaehn, 33, Madeline Larson, 31, and Bruce Cameron, 26, all of Rapid City.

Madeline was born at Oak Knoll in 1950 while her father was doing his medical internship here and her mother active in the local officers' wives club.

Other survivors include five grandchildren and three brothers—John Dickinson of Nebraska, Robert Dickinson of Washington, and Kenneth Dickinson of Idaho.

Like two of her daughters, Mrs. Cameron was a nurse by profession and a graduate of the Mercy Hospital School of Nursing, Denver, Colo. She was a nurse cadet in World War II and later worked as an office nurse for her husband while he was in private practice in Rapid City. The couple married July 5, 1946 in Raton, N. Mex.

Over the past 10 years Mrs. Cameron volunteered many hours to Families Anonymous, a humanitarian group offering support to families who have members dependent on alcohol and drugs. She was also a member of the South Dakota Nursing Association and sang in the choir of the First Methodist Church when Rapid City was her home.

Funeral services were held in that church with interment in the Black Hills Cemetery, Sturgis, S. Dak.

Columbia announces summer sessions

Columbia College will offer six courses at Treasure Island and one at Hamilton AFB during its May 24-July 17 session. Columbia is fully accredited and offers Associate and Bachelors degrees in Business Administration, Psychology, and Criminal Justice.

Scheduled for the Treasure Island campus are: General Sociology (Monday, 6:30-11:30 p.m.); Oral Interpretation of Literature (Tuesday, 6:30-11:30 p.m.); Accounting I (Tuesday, 6:30-11:30 p.m.); Police (Wednesday, 6:30-11:30 p.m.); English Composition II (Thursday, 6:30-11:30 p.m.), and Personnel Management (Saturday, 9:00-12:00 noon; 1:00-3:00 p.m.). Columbia will also offer Accounting II at its Hamilton AFB campus (Wednesday, 6:30-11:30 p.m.).

According to Columbia officials, General Sociology and Oral Interpretation of Literature are intended to satisfy general education requirements in, respectively, social/behavioral sciences and humanities; Accounting I and II and Personnel Management are requirements in the Business Administration Program. Police is an upper-level Criminal Justice offering, and English Composition II is required for all Columbia College degrees.

Columbia assesses military schools and experience for academic credit and also accepts CLEP and DANTES scores. Being a Servicemembers' Opportunity College, the school makes no distinction between credits earned at residence centers and those earned on the home campus.

Interested students should contact Larry Blades or Jeannie Hopper at (415) 397-5613 to obtain more information about the program or to set up an appointment.

Grand opening ceremonies slated for Airport USO

The Bay Area USO Board of Directors announces the grand opening of the Oakland Airport USO Center, 12:15 p.m., May 12, with opening ceremonies planned in the main lobby of Oakland International Airport.

Participating guests include major military commanders, elected officials, celebrities, corporate chief executive officers, media personalities and Port of Oakland authorities.

Operating since the first of the ye from temporary quarters, the new pe manent location will make Oakland th 15th city in the United States to have USO Center located at its airport.

Opening of the Oakland Airp USO, which serves military personn and their families in travel statu results from the transfer of certain co tract military flights from Travis A Force Base in Fairfield to Oaklan Proximity to the commercial airlines expected to facilitate military personn and families with their travel plans.

A planning committee of commun volunteers preparing for the openi ceremonies include: Donna Kent, Oa land Airport Hilton (chairperson); Ca tain Roger Kirkman, Alameda Naval Station; Jo Hemphill, Californ Carousel; Joe Ploman, Oakland Co vention and Visitors Bureau; Fr Ogawa, Oakland City Councilm Marv Carlisle, Oakland Airport Tr Lodge; Al De Grassi, Pettler, De Gr and Hill; Jerome Ignash, Navy Transp tation, Treasure Island; Hank Mu Action East Bay; Dick Evans, Ra Station KABL, and William H. Morg Executive Director, Bay Area USO.

The Oakland International Airp USO Center is expected to serve n 300,000 military personnel each y Facilities are open 24 hours a staffed with volunteers and a s core of paid staff members.

Moffett Field air show set

Naval Air Station Moffett Field will host a free two day air show and open house this year on May 15th and 16th.

The show will feature the "Canadian Reds" aerobatic precision flight team in its first performance at Moffett Field. In addition more than 15 other aerial acts and demonstrations will be given.

Static display aircraft from all services, ranging from WWII to the present, will also be on hand for viewing.

Inside the historic old airship hangar many interesting displays and exhibits will be shown while hot air balloon rides are offered in the rear of the huge structure.

Gates open at 9:30 a.m. and the main show begins at noon on both Saturday and Sunday.

Refreshments and food services will be available on the station.

Admission and parking are free.

Thirteen states to hold June primaries

California, Iowa, Maine, Mississippi, Montana, New Jersey, New Mexico, North Dakota, Ohio, South Carolina, South Dakota, Virginia and West Virginia will hold primary elections in June to select candidates to appear on the ballot in the Nov. 2, 1982 general elections. Individuals claiming residency in any of these states who desire to vote should complete a Federal Post Card Application (FPCA) and forward it to the appropriate state office.

Each of the states, except Montana and North Dakota, holds its primary election by political party. Voters must indicate their party affiliation on the FPCA or their application may not be processed. Most states require a separate FPCA for each election. Voters should make sure they specify the election for which they are requesting a ballot.

Information concerning registration and application requirements by state is available from the medical center's Legal Office.

Steno opening

Psychiatry Service is seeking a Clerk Stenographer, GS-4 ($12,256-$15,703) for its Social Service Branch.

The job involves considerable contact with staff and community agencies.

Applications will be accepted by Civilian Personnel Service through May 4. Queries may be directed to Maurine Tinsley at Ext. 2116.

Britt returns to Navy

HM3 Henry Warren Britt, former shipmate at this command, reenlisted at Navy Recruiting District San Francisco earlier this month.

He was transferred to RTC San Diego for outfitting and further assignment to Naval Regional Medical Center Guam.

IG visit postponed

The previously scheduled May June 4 visit of the Inspector Gen (Medical) team to Naval Regional M cal Center, Oakland has b postponed until later this year, tatively in August.

The routine, periodic inspec reviews compliance with regulat directives and professional stand to identify any problems and facil corrective action.

Last visit of an IG team here April 1979.

Navy Relief

(Continued from Page 1)

Pastoral Care; LN1 Connie Max Legal; DT3 Kimberly Slinkard, De HM1 James Donadio, Military M power; CWO2 Reginald McNeil, P ary Care/ER; LT Robert Burg, Q Harold Dandridge, MACS Phillip Sh MSC Roland Fontillas or OS1 R Franks, Operating Management; C Robert Cave, Surgery; HMC Domin Datu, HMCM Nathaniel Jenkins or Ronald Spell, Preventive Medic LCDR Greg Parker or HM3 A Welson, Otolaryngology.

Also, LT Kevin He Anesthesiology; HM1 Ruben Ll HM1 Abraham Bautista, or LT F Hall, Laboratory; LT Sue Colligan Franki Waskey, or HM2 Jan Ha chiatry; HN James Smith or Timothy Sherman, Urology; CDR Bagbey, Nursing; MMC Ric Spencer, Public Works; David leson, Alcohol Rehabilitation; H Andrew Latigue, Outpat Administration; HMC Fredrick Staff Education; HN Darlene F Patient Affairs; HM2 William S Pharmacy; HM2 Mark Woods, S HMC Eddie Johnson, Clin Investigation Center; LT Dick Nob HM2 Donald Parker, Radiology; Don Snay or LT Janet Cooper, Op ing Room; LCDR Mike Wilson, GYN, and LCDR Lynn Van Wa Medicine.

Kudos . . . . . .

LENGTH OF SERVICE AWARDS

30 Years

Ida H. Fahey, Comptroller Service

20 years

Vida Johnson, Data Processing

Kathleen Wade, Nursing Service

15 Years

Barbara A. Butler, Outpatient Service

Francis C. Lee, Supply Service

Wayne W. Merrick, Pharmacy Service

Lee M. Miller, Radiology

Jacqueline A. Morris, Mare Island Branch Clinic

Mary R. Phipps, Outpatient Service

Olga B. Sawyer, Mare Island Branch Clinic

NAVY COMMENDATION MEDAL

LCDR Thomas Daniel, Medical Corps, for service with Fleet Marine Force, Pacific

ANTARCTICA SERVICE MEDAL

HMC Michael Larkin of Military Manpower Service

LETTERS OF COMMENDATION

HN Patrick Malone

LCDR Victoria Monroe, Nurse Corps

LETTERS OF APPRECIATION

LCDR H. D. Harrier, Medical Corps

HM2 Russell Schwartz

HM2 David Sheffield

DT3 Kimberly Ann Slinkard

LT John Schleifer, Medical Service Corps

AUGMENTATION

LCDR Jerome Bielawski, Medical Service Corps

ADVANCEMENTS

HM2 Mu Ying Dow

HM2 Gary Myhra

HM2 Joanne Doyle

HM3 Tina Armellino

HM3 Kelly McDonald

HM3 Robert Michalek

PROMOTION

LTJG Sergei Arellano, Nurse Corps

Comings and Goings -------

"Fair winds and following seas" to the following personnel who have recently detached from this command:

LCDR Victoria Monroe, Nurse Corps, to Camp Pendleton.

LT Theodore Heyneker, Medical Corps, to Bethesda.

LT John Schleifer, Medical Service Corps, transferred to Air Force.

HN Bryant Lasiloo, to 3rd Mar. Div., Camp Pendleton.

PN2 Linda Kuber, released from active duty.

HM2 David Sheffield, released from active duty.

SM2 Theodore Creech, released from active duty.

HM2 Pio Dineros, released from active duty.

FTG2 Kenneth LeNorman, to USS ALBERT DAVID (FF 1050).

HM3 David Peters, to NSHS, San Diego.

HN Conrad Nicolas, to 1st Mar. Div., Camp Pendleton.

HM3 Louis Cagnoni, to Pensacola, Fla.

HM3 Anthony Pierini, to 1st Mr. Div., Camp Pendleton.

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"Welcome aboard" to newly arrived:

Hospitalman Harry Beck, X-Ray School.

Hospital Corpsman Second Class Lawrence Marchionda, Medical Photo.

Hospital Corpsman Third Class Brian Webb, Nursing Service.

Hospital Apprentice Robert Jordan, Anesthesiology.

ENS Thomas Paluch, Clinical Clerk.

CDR Merv Rasmussen, Medical Corps, Mare Island Branch Clinic.

CAPT Richard Bernard, Medical Corps, ACDUTRA.

LTJG Candace Woo, Medical Service Corps, Physical Theraphy.

ENS Ronald Logan, Medical Service Corps, Pharmacy.

CAPT Russell Melton, Medical Corps, ACDUTRA.

AMS1 Wayne Donehoo, Patient Affairs.

HN Robert Adams, Nursing Service.

HM3 Douglas Monteith, Nursing Service.

HA Kevin Saunders, Metabolic Clinic.

HA Laurence Lopez, Nursing Service.

HN Jeff Sweatt, Nursing Service.

AWC William Crowell, Disability Evaluation Counselor.

ETC David Yocum, Special Services.

LT Michele Scott-Beach, Nurse Corps.

ENS James Hunter, Nurse Corps.

HM2 Sonja Kirby, TI.

HM2 Steven Givens, PMT School.

HN Richard Dew, ORT School (June 7).

HA Todd Simonson, Nursing Service.

HA Mark Netherton, ORT School (June 7).

HR Timothy Mitchell, Nursing Service.

HR Carlos Bacsal, Nursing Service.

Security training program rolling

All members of the Security Branch of Operating Management Service are to be complimented on their assistance in the drafting and proving of the new Personnel Qualification Standards training system, which took a solid year of team effort to get an effective training program rolling.

Congratulations to Hospital Corpsmen Third Class Michael S. Kellett, Brian D. Fawcett and Jon G. Bangs for completion of Personnel Qualification Standards for NRMC Security Patrolman through 45 days of research, practical experience and formal training.

Petty Officer Kellett simultaneously completed the required training for NRMC Security Patrol Supervisor as well.

Disciplinary Actions

Special Court Martial
March 22

Rate: Hospitalman.

Charges: Article 91, Disrespect to a Superior Petty Officer (two specifications). Article 92, use of Controlled Substance (one specification). Article 92, Possession of a Controlled Substance (one specification).

Awarded: $366 fine for three months; 66 days confinement at hard labor.

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CO's NJP
March 25

Rate: Hospital Apprentice

Charges: Article 86, Unauthorized Absence. Article 134, Prior Indulgence of Intoxicating Liquors, Incapacitating Oneself for Performance of Assigned Duties.

Awarded: $100 fine; 7 days extra duty.

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CO's NJP
April 1

Rate: Hospital Apprentice

Charges: Article 86, Unauthorized Absence.

Awarded: $50 fine; 14 days extra military instruction.

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Rate: Hospital Apprentice

Charges: Article 91, Disrespect to a Superior Petty Officer. Article 134, Communicating a Threat.

Awarded: $100 fine.

NRMCO officers elected Credit Union directors



LCDR Douglas R. Sperry



LCDR Patricia B. Hoggatt

Two members of the medical center staff were elected by the membership at the recent annual meeting of the Alameda Coast Guard Federal Credit Union to fill vacancies on the board of directors. They are Lieutenant Commander Patricia B. Hoggatt, head of Physical Therapy, and Lieutenant Commander Douglas R. Sperry, officer in charge of the Personnel Support Detachment, Oakland.

They replace Mr. James B. Elder and Mr. Woodrow Robarge. Mr. Robarge, however, remains a member of the Credit Union's Supervisory Committee.

Management's review of 1981 pinpointed the growth of the credit union over the past five years as a prologue to its future.

Gifts and certificates of appreciation in honor of long and loyal service were presented to four credit union staff members during the annual meeting. Two of them are located in the credit union's Naval Regional Medical Center Oakland office. They are Dorothy Oliver, NRMC Assistant Manager and Controller, 16 years, and Beverly Curwen, Personnel Director and Loan Supervisor, 10 years service.

Oak Knoll nurses participate in operational readiness course

Lieutenant Commander Louise George and Lieutenant Maureen Clary, both of this command, were among 40 Navy Nurse Corps officers from across the United States who participated in an Operational Readiness course at the Marine Corps base in Quantico, Va., last week.

The scenario involved the following situation:

A military disaster erupts overseas and the United States becomes involved. U. S. Navy nurses on a hospital team are flown to a country near the site to set up a field hospital. A Navy ship 60 nautical miles away has been hit. Wounded soldiers are swiftly being evacuated to the field hospital and will arrive within minutes.

Attendees learn how to prepare for the surge of victims in a life-and-death situation where seconds count; how to quickly and accurately determine the types and degree of trauma, and specific techniques to care for these casualties of modern warfare.

Sponsored by the Navy's Health Sciences Education and Training Command (HSETC), the program was the Navy's first totally field-oriented nursing course. Participants slept in tents, wore camouflage uniforms and gained experience in helicopter evacuation. The training was designed to give them techniques and concepts for performance in the field, as well as an idea of what their patients would experience.

"The Surgeon General of the Navy is totally committed to operational readiness for the Navy and Marine Corps," explains Rear Admiral Frances T. Shea, Director of the Navy Nurse Corps. "To support him in this goal, it is very important that all health care professionals know how to perform under adverse conditions. As far as the Nurse Corps is concerned, the time to learn the necessary skills is not during those conditions, but prior to them."

To enhance course participants' skills, medical experts discussed a wide range of topics, including cold and heat stress, casualty management, triage and surgical priorities, and combat injuries. The April 19-23 exercises featured night triage and simulated attack.



NEWLY FROCKED—Four popular Oak Knoll chief petty officers were recently frocked to higher rate. From left to right, they are HMCS Malcohm McGregor, Preventive Medicine; MACS Phil Sharp, Security; HMCM Nathaniel Jenkins, Preventive Medicine, and HMCM C. Ray Graves, Patient Affairs.



NEW HAIR STYLISTS—Recent additions to the Navy Exchange Beauty Shop staff in Bldg. 38 are Linda Gibens and Cruz Olgin. Linda has made quite a following for herself in the Oakland area, while Cruz recently arrived from Hawaii where he worked in the beauty salon of one of the Hilton hotels. Whether it's a haircut, a perm, a tint, or an entirely new hairstyle, these experienced operators are here to serve you. Call 562-4762 for appointments.

TI Legal Office expanded

The Naval Legal Service Office in Bldg. 450 on Treasure Island recently expanded to five attorneys and added a large, new resource center.

Available attorneys now include: LCDR John T. Oliver, division head (concentrating on wills and estates, tax, real estate, and immigration and naturalization); LT Michael J. Suszan (concentrating on domestic relations cases); LT Dorothy J. Ulmer (concentrating on landlord/tenant and consumer law problems); LT Ken M. Shearn (concentrating on contract disputes, tort/personal injury cases and bankruptcy law), and LT Walter L. Singletary (general practice at NAS Alameda).

Social Security offset explained

Were you on the verge of grasping all the options and other details of the Survivor Benefit Plan (SBP) when the "Social Security offset" set you off-muttering and tearing your hair? If so, perhaps the following explanation of the SBP's tie-in with Social Security benefits will help.

If you served on active duty after Dec. 31, 1956, you earned Social Security wage credits (and started making contributions) by virtue of your military service. Based on those wage credits, your surviving spouse may receive a Social Security widow(er) benefit in addition to the SBP annuity you elect. Since the government contributes to both the Social Security benefit and the SBP annuity, and not wanting to pay the same benefit twice, the government enacted the Social Security offset provision.

Here's what the offset does. It reduces a surviving spouse's SBP annuity at age 62 by the dollar value of the spouse's Social Security entitlement based on the member's active duty service after Dec. 31, 1956.

The spouse's SBP annuity cannot be reduced by more than 40 percent, however, regardless of the amount of the offset as determined by the standard formula. **Thus, the total amount the survivor receives is equal to at least the full amount of the SBP annuity had there been no Social Security survivor benefit.**

An important point to remember is that the SBP annuity reduction is made at age 62, **even if the surviving spouse has not yet applied for Social Security benefits.** The fact that the spouse is **entitled** to benefits based on the member's military earnings makes the reduction mandatory.

The surviving spouse applies for and receives every penny of Social Security to which he or she is entitled. The service finance center bases the Social Security offset only on that part of the spouse's Social Security benefits that result from the member's active duty service after Dec. 31, 1956.

Call DOT toll-free for car problems

Motorists now have a hotline for car problems.

The Department of Transportation has started a new program to give consumers more information about the safety of their cars. The program involves the use of a toll-free hotline that permits consumers to call for automobile recall and safety-related information.

Here's how it works. A car owner calls the hotline number for residents of the Washington, D. C. , metropolitan area. She identifies her car, hears some computers humming, and is told two recalls have been made on her car. She is also told she will receive details of the recalls in the mail, along with fuel economy ratings, crash test results, car maintenance figures and other information.

The toll-free hotline number is:

800-424-9393 (for continental U. S. only).

Residents in the Washington, D. C., metropolitan area may call 426-0123.

Residents of Hawaii and Alaska have no free service but they may call 202-424-9393 at their own expense.

Crewman unhurt in fall from ship

The guided missile destroyer USS SOMERS (DDG 34) was performing "lifeguard" duties for a night underway replenishment in the Indian Ocean early the morning of April 1, when the ship was notified by USS CONSTELLATION (CV 64) that a crewman had fallen overboard. Aided by flares and life rings dropped from the combat stores ship USS WHITE PLAINS (AFS 4), the man was sighted near SOMER'S portside.

The destroyer's whaleboat was launched, guided to the sailor by the beam of a searchlight from SOMERS' signal bridge. The quick reaction enabled the man to be pulled from the water less than 15 minutes after he had fallen off the carrier. A quick examination by SOMERS' leading corpsman, Hospital Corpsman First Class Joseph Madrigal, determined that the unlucky sailor was uninjured, though wet and tired.

NRMCO Security Blotter

REPORT CRIME!—Help yourself and your shipmates. Report crime. Call Ex 2401/2402/2582. All information will be treated in a confidential manner. Becom an active partner in the solution to crime prevention. Allow your Security Branch t be effective by sharing the information only you may have. Don't allow yourself t become a victim. Be sure all valuables are locked up in a secure area.

RECENT CRIMES

* Suspect (unknown) entered victim's room through unlocked door (defectiv lock). Suspect stole a Panasonic Cassette Recorder, Model RX-5200, Serial N OCHNA 18464. Stolen item valued at $240.

* Victim left Sanyo stereo radio on the floor in Main Dining Hall. When victi returned approximately 20 minutes later the item was gone.

* Unknown suspect entered barracks lobby and removed a Windsor Super Ca vera 10-speed bicycle.

* Victim left an Olympus OM-2 35mm camera, Serial No. 833227, with 50m lens, Serial No. 8975250, one Olympus T-20 flash, carrying case and strap on table at the Officers' Club during a party. When victim returned the $476 camer and equipment were missing.

* Victim left wallet in bedside locker on ward. When victim returned wallet wa missing.

* Suspect was apprehended by Security Patrol for allegedly removing food ar cles without authorization from Food Service.

* Suspect broke the side windows on two locked vehicles. Suspect was seen b one of the victims who took corrective action when the suspect pointed a firearm a him, by leaving the scene and contacting Security Patrol through the OOD Des Damage to both vehicles: $400.

CRIME STATISTICS
(For the period March 1-26)

Burglary:

Residential: 2

Non-government property: 7

Theft:

Commercial: 1

Government property: 6

HRS can help Navy families with off-base housing needs

The continuing rise of housing costs, together with a decline in rental units, has resulted in more and more personnel relying on assistance provided by the Housing Referral Service (HRS) of the Navy's Family Housing Offices.

There are, however, many personnel who have never contacted HRS, or are of the opinion that HRS is only for those subject to PCS orders. Not so. HRS is available to all Navy personnel, married or not, with or without dependents, at any time.

At most Navy activities the HRS maintains the largest selection of rental and sales listings in the area and has established an excellent relationship with local realtors. In addition to assisting personnel with listings in the size, price range and location desired, the referral staff can also provide helpful information regarding schools, shopping areas, churches, public transportation and other community support facilities. Personnel can also receive advice on matters dealing with laws and regulations concerning equal opportunity in off-base housing, leases, deposits, landlord-tenant rights and responsibilities, insurance, and the importance of the "military clause" in leases.

HRS maintains close liaison with the Department of Housing and Urban Development concerning its subsidized and non-subsidized housing programs and will provide information regarding these programs as well as assisting personnel interested in the purchase of homes through FHA, VA or conventional financing.

Should personnel experience problems with their landlords, they can call upon the HRS staff who will attempt to get the matter fairly resolved. Helpful handouts, including local maps, are also a part of the service provided by the housing referral staff.

With the recent enactment of the Variable Housing Allowance (VHA), you may be interested in relocating to a better unit. If so, contact the local referral service before accepting the possible costly advice of others. After you have selected several listings of interest, the HRS representative will indicate locations and provide directions on your map. Prior to leaving the office, so that you won't waste time going to occupied units, the HRS representative will verify vacancies or provide you the use of office phones for this purpose.

Remember, the HRS can assist you when you arrive at your new duty station, during your tour, and prior to your departure. If you want to obtain information on the housing situation at your new duty station prior to departing from your present activity, ask your HRS to contact the HRS at your new location to provide the desired information. You will then be able to better plan housing needs in advance and allow the office to better assist you upon arrival.

If it's housing assistance you want see your Navy Housing Referral Service representatives. They live in the community, know your housing needs, and have helped thousands of others like you to get the best housing possible. How much does all this service cost you? Absolutely nothing. It's free for the asking. For more information please call the Housing Referral Coordinator, Bldg. 101, NAS Alameda 869-4718 or 4725.

--Bonnie Williams

Small claims limit increased

Since Jan. 1, the jurisdiction of the small claims courts in California has expanded to include claims as large as $1,500 (increased from $750). Additionally, these courts must provide legal assistance in planning a case or defense.

No attorney or representative may appear in court; the dispute is settled by a judge after hearing the real parties in interest present their respective cases.

The filing fee has been increased to $12. However, the Treasure Island Legal Service Office says this is a bargain compared to legal costs in regular courts.

To help determine whether your claim has any merit, call for a legal assistance appointment at TI, (415) 765-6532, (A/V) 869-6532.

OAKLAND A's TM

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Housekeeping mops EENT in Navy Relief benefit game

By LT Larry Kilgore

On April 20, the 1982 Navy Relief Fund Drive was bounced off with a basketball game between the base intramural champion EENT team and players from the Operating Management Housekeeping Branch. The Bob Burg-coached Housekeeping section prevailed 63-62 with the game in doubt until the final buzzer.

The Op Mgmt team jumped off to a quick 12-2 lead. They increased this lead to 15 points behind the fine shooting of David Eaton and Tony Adanandu. The EENT team battled back to narrow the deficit to five points, 34-29, with Chris Barclay's fine three point play in the remaining 20 seconds of the first half.

Second half action saw each team playing erratically. The EENT team finally reverted to mid-season form and scored nine unanswered points to take a seven point lead. The teams exchanged baskets until EENT Coach Alfred directed his team to go into a four-corner, stall offense. The strategy was good, but the execution poor. Ill-advised shots and a critical turnover permitted Lloyd Broussard to score eight points in the final three minutes. The EENT team, behind 63-62, had the ball with 24 seconds running and played for what they hoped to be the game-winning shot. EENT's Ken Williams was fouled with seven seconds to go but missed the crucial foul shot. The game ended with each team scrambling on the floor for the loose ball after the missed foul shot.

EENT's Al Drakeford and Housekeeping Branch's Lloyd Broussard shared scoring honors with 17 points each. Ken Anderson of EENT led both teams with 24 rebounds.

The game's most valuable player, Al Drakeford, presented $52 to Captain Warren Hodge for the Navy Relief Fund.

The command congratulates both teams for their superb sportsmanship and fine effort in supporting the 1982 Navy Relief Drive.



CLOSING IN—Frank Newton (No. 30) of the Housekeeping team leaps into midair as Dan Daniels of EENT tries to get the ball in the basket. Also closing in are Lloyd Broussard (No. 50) and Howard Carter (No. 43), while Daniels' teammate Mark Ford (No. 4) runs in to lend support. A last minute sweep by the housekeepers won them the edge over the intramural champs, 63-62 in the recent exciting NRS benefit game.

Scenes by the Sidelines

By Ron Brown

EENT Captures 1982 Basketball Crown
Championship game won at buzzer by J. Halliburton

With the game tied at 33 all and only seconds left, EENT worked the ball into the front court. J. Halliburton ended up with the ball and let fly with virtually no time left on the clock, scoring the most important two points in his illustrious career. The ball was in the air as the buzzer sounded the end of the game and give EENT the 1982 basketball crown.

C. Barclay led EENT with 9 points on 3 field goals and 3 free throws, while O. Smythe and J. Halliburton each had 8 points for EENT.

B. Baldwin led all scorers with 15 points on 7 field goals and one free throw, followed by A. Peralta with 8 points.

"Coach" Marumoto gave all the credit due to EENT, but hinted that injuries hurt his team, along with losing one key player on orders.

Box Score

EENT Player	FG	FT	TP	Special Services Player	FG	FT	TP
Alfred	1	2	4	Baldwin	7	1	15
Smythe	3	2	8	Anderson	0	1	1
Trapp	0	0	0	Peralta	1	6	8
Johnson	0	0	0	Day	0	1	1
Bonilla	2	1	5	Fontillas	3	0	6
Halliburton	4	0	8	Lewis	0	0	0
Ramirez	0	0	0	Thrail	1	0	2
Spinks	0	1	1	Marumoto	0	0	0
Barclay	3	3	9				
	13	9	35		12	9	33

Fouled out: None
Officials: Taylor, King

• • •

Bad Weather Hampers Start of 1982 Softball Season

With 15 teams (not including the men and women's varsity teams) chomping at the bit, the weather (all bad) slowed down the softball program at NRMC Oakland, delaying the start of league play.

Public Works employees have given the fields a new look, completely redressing the entire playing surfaces. (The workers were also slowed down as a result of the "unusual" rainy season.)

It is hoped that the league will start near the last week of May.

Teams entered in the 1982 Intramural League are: PMT School, Pharmacy, Ortho, MSC, Nursing Service, Med Repair/SS, CPO, Gen Medicine, Lab, EENT, Dental, 6th Floor, NP, Peds/OB and Anesthesiology.



FOR A GOOD CAUSE—Captain Warren W. Hodge accepts a contribution for the Navy Relief Society from receipts of the recent benefit basketball game, from Al Drakeford, voted the game's "most valuable player."

NRMC Softball Schedules

WOMEN

Date	Opponent	Location	Time
5/1	DLI Monterey	There	11 a.m. (DH)
5/7	Treasure Island	Here	5 p.m.
5/12	Moffett Field	There	5 p.m.
5/19	Mare Island	Here	5 p.m.
5/26	NAS Alameda	Here	5 p.m.
6/2	Sunnyvale A. F.	Here	5 p.m.
6/9	Skaggs Island	Here	5 p.m.
6/16	Treasure Island	There	5 p.m.
6/19	NAS Lemoore	There	12 noon (DH)
6/23	Moffett Field	Here	5 p.m.
6/26	NAVPGSCOL Monterey	Here	11 a.m. (DH)
6/30	Mare Island	There	5 p.m.
7/7	NAS Alameda	There	5 p.m.

The 1982 Central Pacific Regional Women's Slowpitch Softball Championships will be hosted by the Naval Regional Medical Center July 9-11.

• • •

MEN

Date	Opponent	Location	Time
5/4	Skaggs Island	There	5 p.m.
5/6	Moffett Field	Here	5 p.m.
5/11	Mare Island	There	5 p.m.
5/13	USS CAMDEN	Here	5 p.m.
5/18	NWS Concord	There	5 p.m.
5/20	USS MAUNA KEA	Here	5 p.m.
5/23	DLI Monterey	Here	11 a.m. (DH)
5/25	NAS Alameda	There	5 p.m.
5/27	Treasure Island	Here	5 p.m.
6/1	Presidio of SF	There	5 p.m.
6/3	CG Alameda	Here	5 p.m.
6/8	USS SEA WOLF	There (MI)	5 p.m.
6/10	Skaggs Island	Here	5 p.m.
6/15	Moffett Field	There	5 p.m.
6/17	Mare Island	Here	5 p.m.
6/22	USS CAMDEN	There (Alameda)	5 p.m.
6/24	NWS Concord	Here	5 p.m.
6/29	USS MAUNA KEA	There (MI)	5 p.m.
7/1	NAS Alameda	Here	5 p.m.

1982 Central Pacific Regional Championships at Skaggs Island, July 14-18.

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4, No. 9

the Oak Leaf

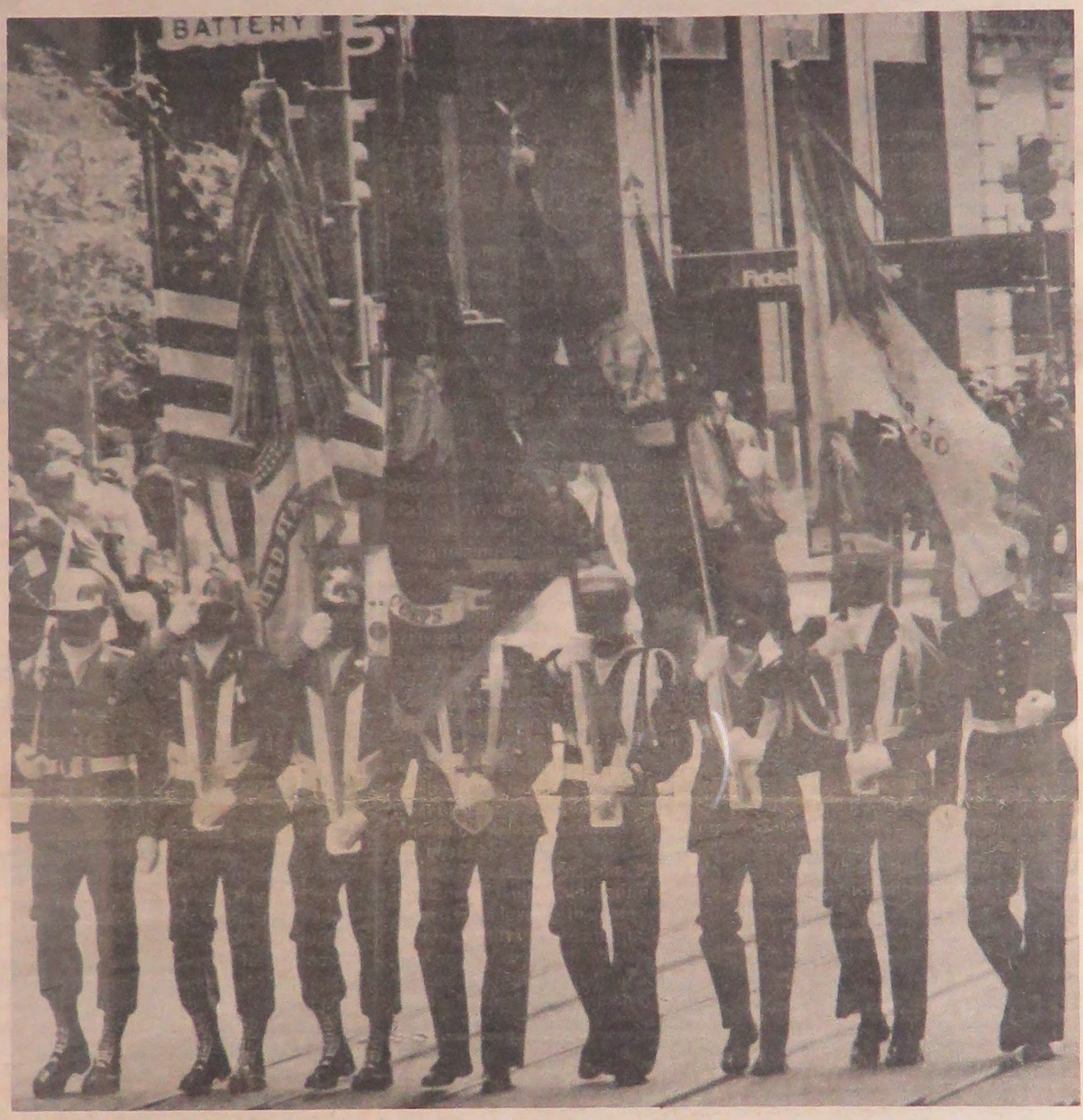
NAVAL REGIONAL MEDICAL CENTER. OAKLAND. CALIFORNIA.

Friday, May 14, 1982

Happy Birthday
avy Nurse Corps
(May 13, 1908)

How to display American Flag
—Page 10

eace Through Strength' theme of Armed Forces Day



NGTH IN UNITY—An all-ser- olor guard will lead off today's d Forces Week Parade in San cisco beginning at 11:30 a.m. de route is Justin Herman Park alifornia, to Montgomery to ard. The Reviewing Stand is on ornia.

(US ARMY PHOTO)

ch year, the third Saturday in May signated Armed Forces Day by lential Proclamation. This year, d Forces Day will be observed on 15th.

the third consecutive year, San isco is serving as a major focal for the nation's observance of d Forces Week, May 8-15.

n Francisco is one of a select few in the United States chosen by rtment of Defense to act as a nal site for official tributes to ican armed services.

e city's salute to members of the d States Army, Navy, Marine , Air Force and Coast Guard sta- in its area, is sponsored by the ry Affairs Committee of the San isco Chamber of Commerce.

cording to Committee Chairman Morris, "It is fitting that San isco, with its long tradition of mili- ies and involvement, should again hosen by the Department of se for the honor of playing host s tribute to our armed forces."

ring Armed Forces Week-82, entatives of all uniformed mili- ervices in the Bay Area are con- g special ceremonies and obser- s at popular locations in San isco. These activities will asize the theme for this year's d Forces Week, "Peace Through gth."

flecting on the city's military y, Morris said, "San Francisco, he visit of the first Spanish cava- op more than two centuries ago, gh the settlement of Yerba Buena he emergence of California into ican statehood, has been vital in ican military history."

he first building in what was to e San Francisco was erected at Presidio. The Navy has long ied a commanding role in local opment at Treasure Island and r's Point, while the Coast Guard has long contributed to the life of our community," Morris said.

Morris also noted, "The 1982 Armed Forces Week theme," "Peace Through Strength," is a timely reminder of the vital role our military forces, including the National Guard and Reserves, play in the preservation of freedom gained on our nation's battlefields starting with the War of Independence."

General Edward C. Meyer, Chief of Staff, United States Army, is San Francisco's guest of honor for the week's activities. He was keynote speaker at an Armed Forces Week luncheon in the Hilton Hotel yesterday and is the Grand Marshall of today's parade.

Throughout the entire week, concerts have been given by military bands at Hallidie Plaza, Crown Zellerbach Plaza and Union Square. On Wednesday, the USO also held an open house at their new facility in the Oakland International Airport.

Military exhibits, demonstrations, current and historic equipment (including ordnance vehicles) and band performances are open to the public today between 10 a.m. and 3 p.m. at both Civic Center and Justin Herman Park.

Tomorrow, more demonstrations, displays and military band concerts will be featured at piers 39, 45, Marina Green and Ghirardelli Square, also between the hours of 10 a.m. and 3 p.m.

The military week will conclude tomorrow night with a formal, combined Armed Forces Ball at Treasure Island.

NRMCO role in AF weekend

Our command will be well presented at this year's Armed orces Observance weekend ctivities in San Francisco. We ill be at the Civic Center on May 4 and Pier 39 on May 15. Both ays are from 9:30 a.m. to 2:30 m.

NRMC Oakland presentations ill include a Triage Unit, car- iopulmonary resuscitation tech- ques, blood pressure checks, a aval Prosthetics Research aboratory display, and our Crackerbox" ambulance, an xhibit in itself.

LTJG Joel Libby, Project fficer, says the list of partici- ants is extensive and includes epresentation from many depart- ents. The command thanks the following service members and civilians for their participation and enthusiasm: HN Robert Arrowsmith, HM3 Stephanie Atkinson, HM3 Allen Boatman, HM2 Thomas Bowman, HM3 Steven Butler, LT Glenn Butner, LT Maureen Clary, LCDR Mark Dawson, ENS Kaki Douglass, HM2 Carrie Findley, LT Art Fox, OS1 Randy Franks, LT Jo Ann Fritch and LCDR Louise George.

Also, LCDR Greg Gibbons, Mr. Andre Gilmore, LT Lisa Halton, Mr. Phillip Harkov, HM2 Pat Jones, LCDR Daniel Lancaster, HN Greg Marlatt, LT Bill Morrison, HN Darlene Perry, LCDR Don Phillips, HM3 Dwayne Rudd, HM3 Joel Wetter, Mr. Dave Williams and DT3 Betty Williamson.

'Spectacular' free air show this weekend at Moffett Field

The public is invited to participate in the 1982 Armed Forces Day celebrations at Moffett Field. On May 15th and 16th from 9:30 a.m. until 4:30 p.m. a spectacular Free Air Show and Open House is scheduled, a spokesman said.

This year, the featured attraction will be the "Canadian Reds" precision aerobatic team. The "Canadian Reds" perform dazzling aerobatics in their customized biplanes with split-second precision. This team is made-up of two world class pilots who spend many hours both performing and rehearsing their dual-formation maneuvers.

Also featured are the following exhibitions:

-WW II P-51 aerobatic routine
-Sailplane Ballet
-NASA demonstration flights
-SNJ and "Akro" aerobatic performance
-California Parachute Club drop
-Hot Air Balloon races

(Continued to Page 3)

EDITORIAL

One Navy, with everyone pulling together

The U. S. Navy employs almost 320,000 civilians who comprise nearly one-third of this service's total manpower.

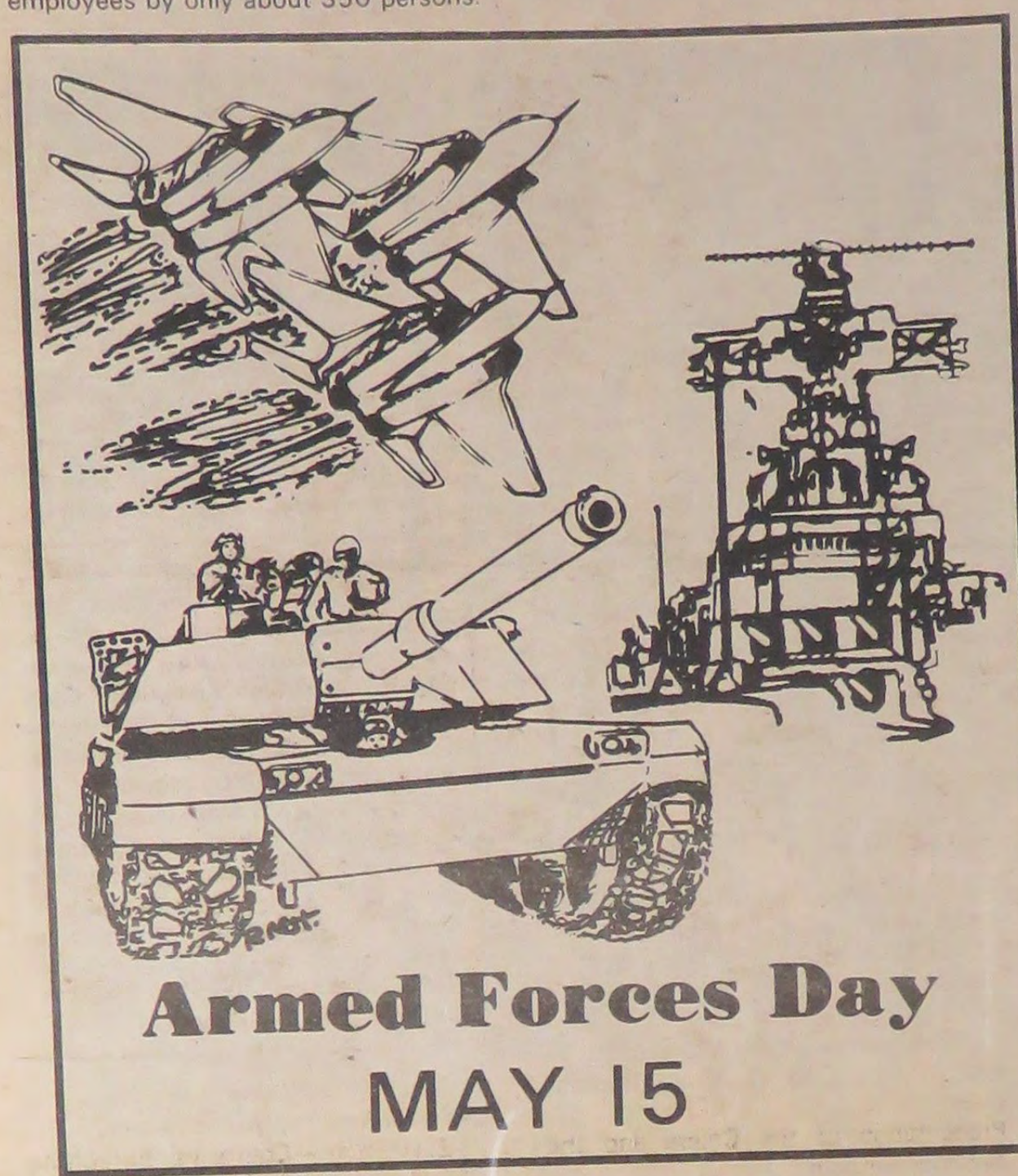
At Naval Regional Medical Center Oakland the military staff outnumbers civilian employees by only about 350 persons.

Recognizing the importance of the civilian constituency, the Navy Departme established a new position at its headquarters in Washington, D. C. to gath report news and information of interest to Navy civilians and to tell the fleet meaningful and often vital contributions to the Navy's mission by its workforce.

Most civilian employees, here and at other naval bases, are conscientious v fully supportive of the sea service and its missions. They provide the very im continuity necessary to successfully bridging the gap when military perso transferred and new ones report, and perhaps more significantly, they all pla in the command's relationship with the community.

At this particular medical center military and civilian personnel seem to wo satisfactorily with each other and lasting friendships are made every day. In Navy tradition and humor, the uniformed members have a nickname f partners in mufti. They call us "Sandcrabs," probably because we're most a shore assignments. (Let's hope it doesn't mean we've always got our head sand!)

It's encouraging to learn that the "powers that be" in the Pentagon believe an important element of the Navy team, "One Navy, with everybody in i together," and it's heartening indeed to know that some positive commu steps are being made.



Armed Forces Day

MAY 15

'Peace Through Strength'

George said it long ago

George Washington's influence on our country and our lives is well kno regarded as America's greatest hero.

But did you know that "PEACE THROUGH STRENGTH" was also an esse of General Washington's defense policy? His attitude toward a strong defense was aptly expressed way back there in 1793:

"There is a rank due to the United States among nations which will be w if not absolutely lost, by the reputation of weakness. If we desire to avoi we must be able to repel it; if we desire to secure peace, one of the most ful instruments of our rising prosperity, it must be known that we are at ready for war."

As it was in 1973, so it is in 1982.

If you ride a motorcycle, read and heed

By John R. Dennis, Safety Specialist

Since Jan. 1, 1982, 15 Navy deaths have occurred as the direct result of motorcycle accidents. This is two and one half times the number experienced during the same period in 1981. Another 99 motorcycle accidents have resulted in lost time injuries. This represents a 37 percent increase in injuries over the same period in 1981. As might be expected, the majority of accidents happened in fair weather areas which are more conducive to motorcycle usage during this time of year.

The most common causes associated with motorcycle accidents continue to be:

a. Alcohol and excessive speed (ran off road/hit by something).

b. Lack of operator experience (lost control due to unfamiliarity with equipment).

c. Failure by others to see motorcycle rider.

d. Other drivers violating right of way (run off road/hit by others).

In order to reduce the rate of increase in motorcycle mishaps, the motorcycle driver should become more familiar with the use of protective equipment (helmet, eye and face protection and proper clothing), and how to avoid blind spots. Motorcycles have "blind spots" just like cars have. When you change lanes, make sure to turn your head and look over your shoulder behind you.

The proper use of brakes is important. Your motorcycle has two brakes. You need both of them to stop effectively. Use both brakes every time you slow down or stop, and apply both brakes at the same time.

Even a quick stop may not be enough to keep you from hitting something in your path. A piece of debris or a pothole might appear suddenly in your path as the car ahead passes over it, or the car ahead might stop suddenly. The only way to avoid a collision would be with a quick turn. The trick to making a quick turn is to get the motorcycle to lean quickly in the direction you wish to turn. The sharper the turn the more you must lean.

Bright colored clothing and reflective helmets help make riders more noticeable. Yellow, orange and red are the colors most easily seen. The best thing you can do to make the motorcycle visible to oncoming drivers is to keep the headlights on, at all times. Motorcycles become up to one and one-half more noticeable to oncoming drivers when the headlight is turned on during the day.

The best way to stay out of trouble is to see it coming. Experienced riders make a practice of looking well ahead. In the city they are always looking from one-half to a full block ahead. On highways, they look about as far ahead as they can see clearly.

It is extremely dangerous to drink and ride. Over half of all highway deaths involve the use of alcohol. Riding a motorcycle requires a high degree of skill and judgment. It also requires a good sense of balance. Alcohol limits these skills. It is particularly dangerous to ride at night if you have been drinking. Alcohol tends to affect your vision. It becomes difficult to see things clearly and to judge distance. It is hard enough to ride a motorcycle at night when your vision is normal.

The losses mentioned earlier, if allowed to continue unchecked, will prove 1982 to be the worst year for motorcycle accidents on record.

Personnel interested in obtaining assistance in motorcycle training may call the Safety Office, Naval Air Station, Alameda, phone 869-2964. They offer motorcycle training course, held two times a month on Monday and Tue

Remember, before traveling, or when in a new location, review local reg ensure your best effort in reducing this unacceptable loss of our mos resource—people.

A fish story of a different color

Why is it trout meat from some trout has a different color than meat other trout?

People often ask, "Why is it that some trout have white meat and o meat that is pink?"

The answer is that trout meat color, which can range from snow white is determined by these factors:

- Political affiliations.
- What they've been feeding on.
- Emotional instability (some blush more easily than others).
- What they've been feeding on.
- Environmental factors.
- What they've been feeding on.

Trout feeding on pistachio ice cream and cucumber rinds invariably meat. And hatchery trout, which everywhere are fed a diet of polish uncolored marshmallows, have ghastly white flesh.

Hatchery trout also have rounded tails, which come from batting them sides of the cement troughs where they hang out. Thus, it's easy to tel the sharp-tailed (and witted) native trout. *(Angler's Edge)*

NAVAL REGIONAL MEDICAL CENTER
OAKLAND, CALIFORNIA

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Contributions from both staff an welcomed and should be addressed of the OAK LEAF, Naval Regional M Oakland, CA 94627.

NRS drive update

Enthusiasm and support for the Navy Relief Society drive currently underway at Oak Knoll remains high for the annual campaign that typifies the pledge that "the Navy takes care of its own."

Once again, the dramatic color night photo of the hospital, mounted and in 11 x 14 size, is on sale, with proceeds beyond printing costs going to the society. The photo is on display at both the Information Desk in the main lobby and at the Navy Exchange. It sells for $20.

Additional keypersons have been appointed by Nursing Service. They are HM3 Charles McNally, HR Jack Means, YNTJG Susan Basile, HM3 Rosemary Nichols, HN Barbara Miller, HM3 Michael Hogg, LCDR Margaret Burns and LCDR Peggy Marine.

Technologist job opening

Applications will be accepted through Monday by Civilian Personnel Service for the job of Therapeutic Radiologic Technologist, GS-7 in Radiology Service at this command.

Four years of specialized and one year of general experience are required. Applicants will be evaluated in their skill in positioning patients for a wide variety of difficult treatments, and for knowledge of radiation protection standards, devices and techniques, anatomy and physiology and basic physics, and therapeutic exposure techniques.

Detailed information may be obtained from Maurine Tinsley at Ext. 6116.

Rector, Keaton new X-ray grads



Certificates will be presented this morning in the CO's office by Rear Admiral Walter M. Lonergan, Commanding Officer, and Captain Robert L. Watts, Chief of Radiology, to the two most recent graduates of Basic X-Ray School—Hospital Corpsman Third Class Gordian A. Rector and Hospitalman Anthony E. Keaton.

The two successfully completed five weeks of didactic training and six weeks practical rotation at the X-Ray Department of the Moffett Field Branch Clinic. Class honorperson Rector had a practic grade of 97.44.

Petty Officer Rector will next be assigned to NRMC Jacksonville, Fla., while Hospitalman Keaton will see new duty at the Fayetteville branch clinic, Norfolk, Va.

Intern activities

An Operational Medicine Seminar will be held on Tuesday and Wednesday, June 1-2, at the Officers' Club. All interns and dental general practice residents are required to attend.

The annual intern picnic is scheduled for Thursday, June 3 and the intern "hail and farewell" party will be held at the Officers' Club on Friday, June 25. Incoming interns will commence their training here at 8 a.m. on July 1.



CUTTING IT CLOSE—The Canadian Reds, in close formation, fly their Pitts S-S-2A customized biplanes. Team members Rod Ellis and Bill Cowan are airline pilots whose hobby is aerobatical flying. See them at the Moffett Air Show.

Moffett Air Show--

(Continued from Page 1)

There will also be many static display aircraft ranging from WW II warbirds to the latest fighter and attack aircraft flown by the armed forces today.

In addition, there will be many exhibits, displays and performances such as the National Air Racing Group, the West Valley Flying Club and many others; military bands, California Air National Guard Band, the "Spirit of Sunnyvale" marching band, barbershop quartets, hot air balloon rides and drill teams. These will be set up inside the historic landmark, Hangar One.

This impressive structure was built as the home of the airship USS Macon in 1933 and is now used as the main center for all Pacific Fleet patrol squadron replacement training.

The Air Show will be a terrific outing for the family. It's right here in the Bay Area. Aircraft enthusiasts can get together and enjoy the shows and exhibits in historical surroundings. There is no cost for admission or parking.

Air Show Schedule of Events
(For both Saturday, May 15 and Sunday, May 16)

9:30 a.m.—Gate officially opens
10 a.m.—Hot Air Balloon Race
10:45 a.m.—Drill Team performance
11:15 a.m.—Band Concert
12:30 p.m.—Opening Ceremonies
Welcome by Capt. Andrew C.A. Jampoler
Presentation of the Colors and the National Anthem
Parachutists land near reviewing area
Canadian Reds Aerobatic Team Opening performance
12:45 p.m.—Canadian Red solo performance
1 p.m.—Sailplane Ballet by Dave Penning
1:15 p.m.—QSRA demonstration flight (NASA's Short Takeoff Airplane)
1:30 p.m.—Demonstration flight by NASA's YO3A "Quiet" Airplane and AH1G Helicopter
1:40 p.m.—Refueling demonstration by C-130 and HH-3 (129th ARRG, California Air National Guard)
1:50 p.m.—SNJ Aerobatic demonstration by Bob Nottke
2 p.m.—Stephens Akro Aerobatic demonstration by Joann Nottke
2:10 p.m.—California Parachute Club demonstration
2:25 p.m.—Mountain rescue helicopter demonstration
2:35 p.m.—NASA Tilt Rotor demonstration
2:45 p.m.—NASA Helo Heavy Lift
2:55 p.m.—Pararescue demonstration—129th ARRG
3:05 p.m.—WW II P-51 Aerobatic demonstration by Bob Love
3:20 p.m.—Quiet Helo demonstration by Hughes Aircraft
3:30 p.m.—Police Helo Emergency Medical demonstration
3:40 p.m.—Canadian Reds Aerobatic exhibition flight
4 p.m.—Show ends
5 p.m.—Gates close

Training slated to prevent harassment

The Department of the Navy and Office of Personnel Management have issued policy statements and guidelines for the prevention of sexual harassment.

To comply with and support the Department of the Navy policy, NRMCO will begin prevention of sexual harassment training in July. Additional information will be disseminated by the Equal Employment Opportunity Office.

Department of the Navy, Office of Personnel Management and Naval Regional Medical Center, Oakland sexual harassment policy statements are posted on all official bulletin boards throughout the command.

Armed Forces Day message

Each Armed Forces Day our nation pauses to give special honor and recognition to the men and women of our Armed Services. This fitting tribute conveys America's great pride in those of you who serve with that spirit of selfless sacrifice so that freedom can be preserved. For over two centuries, our uniformed personnel have willingly stepped forward, each in their turn, to pay the patriots' price for maintaining America's unique dream. In both peace and war Americans in uniform—and their families—have given whatever was required to keep our nation strong.

Thank God for these many fine people. You are certainly among the most magnificent of our national assets—absolutely dedicated, selflessly loyal, exceptionally skilled—*Strong and Ready.* Americans everywhere join with me today in a salute to you, our uniformed men and women—and in acknowledging the immense debt our country owes to our soldiers, sailors, airmen, and marines. Thankfully, America has now begun to give much-increased recognition of the vital sacrifices and contributions you make to our society.

To each of you wonderful people in the Navy-Marine Corps team—and to the members of your families—I send my best wishes and hearty congratulations for a job well done.

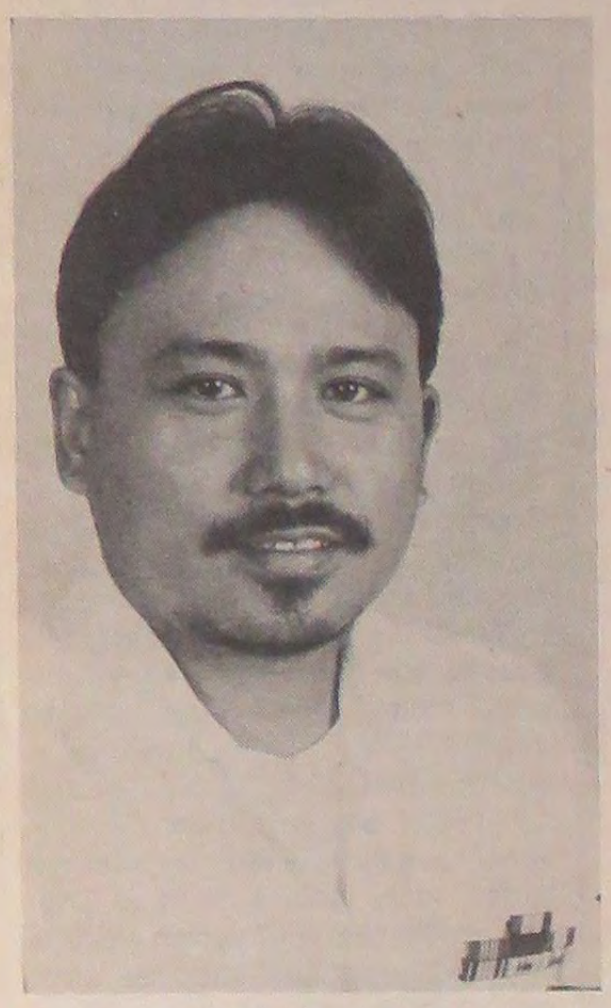
John Lehman
Secretary of the Navy



"PASS IN REVIEW"—This nearly 200-man Army marching unit steps out smartly before reviewing officials in last year's Armed Forces Day parade in downtown San Francisco.

(US ARMY PHOTO)

MS1 Lopez named Sailor of Month



MS1 Avelino Lopez

Mess Management Specialist First Class Avelino G. Lopez, assistant manager of the Bachelor Enlisted Quarters (Bldg. 501), is Naval Regional Medical Center Oakland's Sailor of the Month for April.

He was cited for professional excellence, military bearing, initiative and devotion to duty, and is said to have had a tremendously positive influence on his peer group.

"This is my first duty station with Hospital Corps personnel, so I was naturally surprised and very happy to be selected," Petty Officer Lopez said.

He has been stationed at Oak Knoll for 22 months and has nearly 12 years' service. He will soon be transferred to NMCB 4 (Seabees), Port Hueneme, where he will serve as either food service or BEQ manager.

Lopez expects to make the Navy a career until retirement time. Previous duty has been aboard the USS HOEL (DDG 13), NAS Meridian, Miss.; VA 155, NAS Lemoore; USS ROOSEVELT (CVA-42), and USS KILAUEA (AE 26). His decorations include National Defense, Vietnam Service, Vietnam Campaign, two Good Conducts, Combat Action;, Korean Expeditionary and Commendation Unit.

In his off-duty time he is active in the Men's Club of St. Basil's Church in Vallejo where he makes his home with his wife Angie and daughters April, 6, and Tisha, 1. Hobbies include playing basketball and automotive mechanics.

Petty Officer Lopez is the son of Benjamin Lopez and the late Feliza Lopez of Pampanga, P. I.

--- Disciplinary actions --

CO'S NJP

Rate	Charges and Specifications	Awarded
	April 22	
HM3	Violation of Article 134, UCMJ, General Article	10 days extra duties
HTFA	Violation of Article 86, UCMJ, Unauthorized Absence	Reduction in rate to E-1
FA	Violation of Article 86, UCMJ, Unauthorized Absence	Reduction in rate to E-1
FA	Violation of Article 86 (2 specs), Unauthorized Absence; Violation of Article 92 (2 specs), Disobedience of a Lawful Order; Violation of Article 134, General Article	Forfeiture of $50 for tw months; reduction in rat E-1 (reduction suspende 120 days)
	April 29	
HR	Violation of Article 86, UCMJ, Unauthorized Absence	Forfeiture of $50 for month. Extra duties fo days.

Affirmative action plan revised

ADM Thomas B. Hayward, Chief of Naval Operations, recently announced steps to update the Navy's Affirmative Action Plan. The CNO emphasized that equal opportunity in the Navy is not merely reflective of a federal legal requirement, but reflects the Navy's desire to attract capable people of all backgrounds and fully develop the abilities of servicemembers already on board.

Explaining the revision, ADM Hayward said, "The Navy has sponsored mandatory affirmative action programs for the past 10 years. Many of the actions prescribed in e plans have achieved their objec and are no longer needed. O require continued effort. New initia have been introduced in the 1982 to improve further our equal o tunity performance.

ADM Hayward called on Navy bers to demonstrate their commit to equal opportunity through per example, and concluded, "Equal o tunity will prevail in the Navy no because it is part of our military pr sionalism and discipline, but beca is right."

Insurance dividend rumors false

The Veterans Administration reminds all veterans living in Northern California that there is no truth to the stories circulating that veterans can apply to the VA for a special insurance dividend. The rumors or "hoax" continue to cause confusion among the veteran population and are costly to the VA.

There was a special dividend declared in 1948, but all action was terminated on this special dividend by an act of the Congress. The only dividends paid on Government life insurance policies are to veterans of World War I, World War II and the Korean Conflict who have continued their Government life insurance in force. Policies on which dividends are currently paid have one of the following prefixes: "K", "V," "RS," "W," "J," "JR," and "JS."

These dividends, declared annually around the first of the year, are almost always paid on the anniversary dates of in-force policies. A veteran holding such life insurance need not apply for the annual dividend as it is paid automatically.

Drug trafficker found guilty

On April 9 a Navy man was sentenced by a military judge to three years at hard labor, forfeiture of all pay and allowances and dishonorable discharge from the naval service. The sentence was pronounced by a court-martial which found him guilty of possessing illegal drugs with intent to distribute.

The sailor, a fireman recruit attached to a guided missile cruiser, was implicated in a "controlled buy" aboard the ship, in which he sold marijuana to crew members who were cooperating with government investigators.

Women assigned to Diego Garcia

The Navy has begun permanent assignment of women to Diego Garcia. The first contingent of three officers and 32 enlisted women arrived on the island April 5. It is expected that women, those permanently assigned and those on temporary additional duty with rotation units, will eventually make up about 10 percent of Diego Garcia's uniformed population.

Although women had been attached temporarily to units on the island as early as last summer, permanent assignment had not been made because appropriate accommodations, medical facilities and ship's store merchandise had not been available. These items are now considered adequate.

A final total of 192 enlisted women and four to six women officers will eventually be ordered to billet Diego Garcia.

Sixteen enlisted women each m will be added to the original 32 un final total is reached. One-year, companied tours are open to wom most ratings. Those women intere in assignment should contact detailers for more information.

VADM Foley named new CINCPACFLT

Secretary of Defense Caspar Weinberger announced April 27 that the President has nominated VADM Sylvester R. Foley, Jr., for appointment to the rank of admiral and assignment as Commander in Chief, U. S. Pacific Fleet.

VADM Foley currently serves as senior Navy member of the Military Staff Committee of the United Nations and Deputy Chief of Naval Operations (Plans, Policy and Operations).

Legal help available

Recent changes to the law on drunk driving have made penalties much more severe, including a greatly increased chance of going to jail.

The best advice remains: Do not drink and drive. However, if you are arrested for driving while drunk, see a legal assistance officer for advice.

Volunteers recruited for counselor rating

Qualified first and second petty officers, "who are willin accept the challenge of helping p to plan their future in the Navy," being asked to switch to the Counselor rating. The call for v teers marks the first time that members in paygrade E-5 have allowed to convert to that rating.

Navy counselors have been a factor in recruiting and retention cesses, according to Comma Navy Military Personnel Comm (CNMPC). The need for addit counselors now must be met by l conversion.

Those wishing to convert mu first or second class petty office their second enlistment. They mu have any disciplinary action in records for the last two years and agree to remain on active duty fo years after changing rating "Special Duty Request" (NA 1306/7) must be completed to the process.

Several factors will be conside CNMPC. These include pre experience as a Career Counse Command Retention Team Me performance as a recruiter, other seling experience (civilian work o and alcohol rehabilitation), p mance in the applicant's presen and military appearance..

More information on lateral co sion to the Navy Counselor appears in NAVOP 44/82 of Ap



REAL-L-Y READY!—When Lieutenant Commander Louise George (center) and Lieutenant Maureen Clary came to Captain Jan Emal's office to report on the Operational Readiness Course they recently completed in Quantico, Va., they dressed for the occasion in camouflage uniforms and combat boots, much to the nursing director's amusement. The two Oak Knoll nurses were among 40 Navy nurses from throughout the nation who gained experience in helicopter evacuation and techniques for performing in the field. The April 19-23 exercises featured night triage and simulated attack.

...w low in vet population

... number of veterans has ...ed for the first time in 16 years. ... and other data on veterans and ...s progams have been compiled ... Veterans Administration in a 52- ...ooklet, "Trend Data 1957- ... Prepared by the Agency's ... of Reports and Statistics, the ...overs 25 years of data.

...lights:

...he number of veterans has ...sed from an estimated 30,118,- ...n all-time high, to 30,083,000.

... here has been an almost con- ...ncrease in the number of visits ... for outpatient medical care, ...ally by the aging veteran popula- ...er the past 25 years—from 3.3 ... visits in 1957 to 17.9 million in ...

...tal VA expenditures have ... doubled since 1972, increasing, ...ears, 298 percent to $25.2 bil- ...

...xpenditures by VA for medical ...ms have increased 615 percent ...ears, from less than $1 billion to ...illion.

...otal employment in the ...ns Administration has increased ...ercent, to 232,417 employees, ...years. The number of full-time ...ans, since 1957, has increased ...tal of 6,849, an increase of 47 ...t.

...he number of veterans receiving ...nsation has increased, in 25 ... to 2,279,070, a 10 percent ...e.

...he average number of VA ...l operating beds has decreased ... 1958 peak of 121,201 to a ...low of 82,079.

...he average daily patient census ... hospitals has dropped from 111,599 in 1958 to 66,376 in 1981, a 41 percent drop.

The VA, and VA-supported, nursing home care average daily census has increased from a low of 324 in 1965 to a high of 22,347 in 1981.

Copies of "Trend Data 1957-81" may be obtained free of charge, while the supply lasts, by writing the Office of Reports and Statistics (70), Veterans Administration, 810 Vermont Avenue, N. W., Washington, D.C. 20420.

Navy to recruit more women

The Navy will move ahead with a planned increase in the number of female officers to 6,400 and enlisted women from the current 35,000 to 45,000 by FY 1985. Medical Department enlisted women will be increased to 4,500 by FY 1985.

These increases support Secretary of Defense Caspar Weinberger's memorandum to all service secretaries, which stated that women in the military are a very important part of our total force capability. Qualified women are essential to obtaining the numbers of quality people to maintain the readiness of our forces.

In recent interview, Secretary of the Navy John F. Lehman, Jr. stated that we have a reasonably ambitious goal to expand the role of women. We aim to do everything within the law to create a clear path for professional progression.—**HMCM S.W. Brown, Force Master Chief**

Small Business Week, 1982

By the President of the United States of America

A Proclamation

Small business is the cornerstone of our free enterprise system and since the birth of this country has represented opportunity, independence, and the fulfillment of dreams for generations of Americans.

Combining the dynamic forces of individual initiative with an alertness to consumer needs, small business increases the flexibility of our economic system and is a leading source of innovation and technological advancement for much of our industry.

We are indebted to small business for its contributions to our success as a nation and dependent on its progress and vitality for our economic well-being. Small firms employ over half of the labor force and are leaders in employment creation and innovation; they also play an important role in expanding economjc opportunities for women and minorities.

While small business is at the heart of our competitive system, it has been increasingly hobbled in recent years by excessive government regulation and taxation. We are currently addressing these problems through our programs for economic recovery. Our goal is to encourage the entrepreneurial spirit and to help usher in a new era of growth for small business. Toward that end, "The State of Small Business: A Report of the President," was sent to the Congress on March 1, 1982. It outlines key recommendations of this Administration.

Historically, small firms have enjoyed a special relationship with their communities. Now they not only will be leaders in the renaissance of their communities but also will be in the forefront of revitalizing the economy and bringing a new sense of direction to the American people.

NOW, THEREFORE, I, RONALD REAGAN, President of the United States of America, do hereby proclaim the week beginning May 9, 1982, as Small Business Week. I call upon every American to join me in this tribute.

IN WITNESS WHEREOF, I have hereunto set my hand this 5th day of April in the year of our Lord nineteen hundred and eighty-two, and of the Independence of the United States of America the two hundred and sixth.

Ronald Reagan

15 years at Oak Knoll

Helen Rutz honored upon federal retirement

Mrs. Helen Rutz, former secretary to the Chairman of Anesthesiology, was honored with two recent retirement parties.

About 35 friends and coworkers from other departments took her and her two daughters to lunch in the Trident Room of the Alameda Naval Air Station Officers' Club on April 29. There she received a golf bag to carry her recently purchased clubs, and a lovely floral arrangement.

Anesthesiology Service hosted a Sunday Brunch in her honor at His Lordship's on the Berkeley Marina on May 2,where she was presented an authentic ship's bell engraved with her name and a phrase complimenting her service for "guiding Anesthesiology through calm and troubled waters for 15 years." Nearly 40 persons attended the function.

"This has been the best place in the world to work," Helen said upon departure from Oak Knoll on April 30. "It's really been a great job, and I hate leaving the people." Her husband is retired, however, she explained,and she wants to spend more time with him.

The couple lives in Castro Valley. They are parents of two daughters and one son, and grandparents of a two-year-old girl.



Helen Rutz

Helen's civil service totaled nearly 17 years. Her only other federal employment was with the Veterans' Hospital in Livermore.

She reports she plans to spend her leisure in "reading, sleeping, traveling, and tending to my roses and violets." She is also taking golf lessons.

Discount fares underutilized

Servicemembers are not taking full advantage of special half-fare airline tickets, according to the Military Traffic Management Command (MTMC). An April 19 message from the command said, "We continue to receive evidence that many personnel on active duty are unaware of the special fares and their significance." The message described the tickets as "one of the most generous benefits ever offered to the Armed Forces by American industry."

Active duty military personnel are offered a 50 percent discount on coach class fares for most major U. S. Airlines. The discount is available on domestic (non-overseas) flights only. Servicemembers may be required to show their green, active-duty I. D. card at the time of purchase, though travel in uniform is not required.

The fares have been in effect for the past year-and-a-half and are a dramatic improvement over the 25 percent discount previously offered. Tickets may be advertised as "Furlough Fare," "Leave Fare," or "YM" fare. They provide the traveler with a reserved seat, and may be bought at any travel agency, airline ticket office or Scheduled Airlines Traffic Office (SATO).

Navy honored for drug abuse program

The U. S. Navy was honored April 17 for its "significant contribution to bettering our understanding of drug problems and inspiring the work of those trying to reclaim victims whose lives might be ruined by untreated abuse." The award was presented by "Today, Inc.," A private, non-profit organization which provides therapeutic services for youth and young adults involved in drug or alcohol abuse.

"Today, Inc." President Joseph F. Catania, in a letter to Secretary of the Navy John Lehman, wrote, "We wish to recognize the value of the Navy's new 'get tough' policy in dealing with drug abuse. Your forthright action in identifying pushers and punishing offenders will eliminate those who risk the lives of their comrades when they are unable to perform critical duties because they are under the influence of drugs."

Catania said he felt that the Navy program would have a positive effect on those in the civilian sector looking for leadership and examples to incorporate in their own programs to counter drug abuse. He went on to praise the Navy's role in efforts to interdict drug smuggling operations, calling it "an example for cooperation among all government agencies."

Principal Deputy to the Assistant Secretary of the Navy (Manpower and Reserve Affairs) J. Ronald Denny, accepted the award on behalf of the Navy.

Navy's first woman volunteer dies in LA

Virginia Stoddert Kendle, the first woman to be accepted as a volunteer for naval service, died recently in a Los Angeles, Calif., Hospital.

Mrs. Kendle enlisted in the "Yeomanettes" in 1917, becoming a secretary to Navy Secretary Josephus Daniels, and to then-Assistant Secretary of the Navy Franklin Delano Roosevelt.

Mrs. Kendle was the great-great-granddaughter of Benjamin Stoddert, the country's first Secretary of the Navy for Presidents John Adams and Thomas Jefferson.



"The sergeant got mad at me and started tearing the stripes off my shoulder . . . unfortunately, I didn't *have* any!"

30 years in Navy

Senior chaplain to retire

Captain Marlin D. Seiders, Chief of Pastoral Care Service, will leave Oak Knoll May 21 and officially retire June 1 after more than 30 years' duty in the U. S. Navy. He has no immediate plans, but expects to travel for a time.

Chaplain Seiders arrived at Naval Regional Medical Center, Oakland, last summer from a three-year assignment as Special Assistant for Pastoral Care to the U. S. Navy Surgeon General.

While here the senior chaplain instituted a Management by Objectives' Program of Ministry, with emphasis on patients, staff, families and student populations. At the Bureau of Medicine and Surgery he developed a hospital ministry clinical education course for reserve chaplains and sponsored a like program at this medical center.

Born in Middletown, Pa., and educated at Lebanon Valley College and United Theological Seminary, he was ordained in 1949 by the Central Pennsylvania Conference of the United Methodist Church and served parishes at two Pennsylvania cities before pursuing postgraduate studies at Temple University and earning a master of theology degree from Harvard University. In 1973, Lebanon Valley College confered upon him the degree of doctor of divinity. More recent studies and research have been in sociometry and organizational development.

Entering on active duty with the Navy as a Lieutenant (junior grade) in October 1951, he was assigned, progressively with Naval Training Center, Bainbridge, Md.; Escort Destroyer Squadron Six in the Atlantic and Pacific Fleets, and the Naval Training Center, San Diego. Upon completion of duty under instruction at Harvard in 1957, the chaplain served with the Third Marine Division on Okinawa.

In 1958 he returned to the Pacific Fleet for duty aboard USS PRAIRIE



Chaplain M.D. Seiders

(AD-15) and was then assigned a tour at Naval Hospital, St. Albans, N. Y. Other duty assignments have included Pearl Harbor, NAS Lemoore, Republic of Vietnam; Guantanamo Bay and Naval War College, where he was a student. Subsequent tours provided the officer with extensive supervisory responsibilities as Force Chaplain, Naval Air Force, Pacific; Senior Chaplain, Fleet Support Office, Athens, Greece; Fleet Chaplain, Commander in Chief, U. S. Naval Forces Europe, and Fleet Chaplain, U. S. Atlantic Fleet.

For meritorious service as Force Chaplain, Naval Air Force Pacific, he was awarded a Gold Star in lieu of a second Navy Commendation Medal, and for service as Atlantic Fleet Chaplain, he earned the Meritorious Service Medal.

He is married to the former Nancy Jean Deimler, Ph.D. Their only child, Lieutenant Commander M.D. Seiders, Jr., is an attorney with the Navy Judge Advocate General Corps.

Chaplain Seiders' replacement will be Captain L. Wayne Rushing, who was once before stationed at the medical center. He is expected to report in late summer.

Kudos.....

Navy Achievement Medals

RP2 Brian Carroll
HM2 John R. Kercheval

Letters of Commendation

CDR Helen Pike, NC
LCDR William Runyon, MC
HM2 Charles Frye

Civilian Length of Service Award

Nancy Gilliland, formerly of Operating Management, 15 years

Letter of Appreciation

LCDR Melvin Hary, CHC

Commander Selectees

William C. Bergman, MC
Mark Jacobs, MC
Mark M. H. Lau, MC
Alfred J. Mateczun, MC
Jeffrey P. McBride, MC
Hari C. Puri, MC
Tasneem A. Raja, MC
James K. Schmitt, MC
Patricia M. Mailander, NC
David E. Figgins, NC

Good Conduct Awards

HM2 Roger McNabb
HM2 Russell Schwartz
HM2 Michael Stoecklein
HM2 Margaret Stoecklein
HM2 Victor Lopez
HM3 Gary Gilson
HM3 Cleda Houmes
HM3 Abraham Jacob
HM2 Brian Bush
HM2 Karl Brown
HM2 Martin Geer
HM2 James Anson
HM3 Brian Roberts
DT2 Michael Mallorca

Re-enlistment

HM3 Elpidio Salanga

Former intern here into clinic delivery

LT Thomas E. Marfing, one of Oak Knoll's 1981 graduating interns now assigned to the Atsugi Naval Air Facility Clinic in Japan, has assisted in the birth of about seven babies since his arrival there last July.

Although most expectant mothers at the air facility go to Yokosuka for delivery where a Navy obstetrician is stationed, weather conditions and time considerations often do not make that possible.

In the most recent clinic delivery, Dr. Marfing and CWO2 Steve L. Parrish, physician's assistant, assisted in the delivery of an early arriving, but healthy baby boy.

Veterans Ask

Q—I've just moved and am wondering if the Post Office will forward my VA compensation check to my new address?

A—Yes. Checks issued under laws administered by the VA may be forwarded if the payee has moved and filed a regular change of address with the U. S. Postal Service. However there is a time limit that the Post Office will forward VA payments. You should notify your nearest VA office of your new address as soon as possible. You might also consider contacting your bank to have your VA payments deposited directly to your account.

Retires July 1

Monday last day here for CAPT Rasmussen

Captain Bruce D. Rasmussen, a Navy physician who spent his first five years in the service as a line officer, will depart this command on May 17 and officially retire from the Navy July 1.

Dr. Rasmussen, Assistant Chairman of the Department of Ophthalmology and Acting Chairman since February, plans to open a private practice in La Jolla, Calif.

Originally from Mason City, Iowa, he earned a bachelor of science from Iowa State University and was commissioned an ensign in the Navy via the NROTC Program in June 1958. He then served aboard the USS SHANGRI-LA (CVA-38) in the gunnery department and as Special Services Officer and Officer of the Deck in port and underway.

From 1961 to 1963, he was an instructor of English, history and government at the U. S. Naval Academy, Annapolis, Md. Released from active duty and transferred to the Naval Reserve as a lieutenant, he next completed studies at the University of Kansas School of Medicine, earned his M. D., and was recommissioned in the same rank as a Medical Corps officer in 1967.

He completed a rotating internship and ophthalmology residency at Naval Regional Medical Center (NRMC), San Diego. Following duty included NRMC



CAPT Bruce Rasmussen

Long Beach, NRMC Naples and N Oakland.

Dr. Rasmussen is board certifi the American Board of Ophthalm and a fellow of the American Aca of Ophthalmology and Otolaryng and the American College of Sur

He and his wife Patricia are pa of three—Lisa, 15, Stephanie, 12 Scott, 10.

Comings and Goings-----

"Fair winds and following seas" to the following personnel who have recently departed this command:

CAPT Charles Benninger, MC, retired.

CDR Helen Pike, NC, to Long Beach.

LCDR William Runyon, MC, to NRMC Charleston.

LCDR Melvin Hary, CHC, to Guam.

Ms. Nancy Gilliland, transferred to NAS Alameda.

Mrs. Helen Rutz, retired.

HM2 Karl Brown, released from active duty.

HM3 Raymond Thompson, released from active duty.

HN Thomas Spracklin, released from active duty.

HM3 Michael Kellett, to Naval Amphibious School, Coronado.

FR Michael Walsh, released from active duty.

HM2 Charles M. Frye, to 2nd Mar Div, FMFLANT.

HM2 Michael Wagan, released from active duty.

HM3 Patrick Briggs, to Aerospace Medical Institute, Pensacola.

HM3 Elpedio Salanga, to USS HECTOR (AR-7).

• • •

"Welcome aboard" to newly arrived:

LT Michele J. Scott-Beach, NC.

ENS James R. Hunter, II, NC.

LT David Efimetz, CHC, ACDUTRA.

ENS Ronald Logan, MSC, Pharmacy.

HA Timothy O'Connell, Nursing Service.

HN Beverly Hall, Nursing Service.

HA Jacqueline Doverich, Nursing Service.

HM3 Ivan Morales, Nursing Service.

HN Lisa Bralliar, Nursing Srvice.

HM2 Ted Scott, Laboratory Service.

HM1 Kerry Foster, Drug and Alcohol Program Advisor.

HM3 Renato Ramirez, Pharmacy.

HM3 Susan Wainman, Nursing Service.

HR Sostenes Flores, Nursing Service.

HR Michael Maloney, Special Services.

HM3 Romano Roberson, Nu Service.

HM3 David Gauthier, Nursing vice.

HN Roosevelt Wardell, Nursing vice.

HM3 Loida Malinis, Main Oper Room.

HM3 Shawn Sutliff, Nursing Se

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Musical messag on anti-drug use

A musical show with an anti- theme is being performed nation by young Navy men and women Naval Technical Training Center, Lakes, Ill. The show was conceived student at the center who wante demonstrate that not all sailors involved, or wanted to be invo with drug use. Positive alternative drugs are highlighted in the hour- a-half performance, which will m appearances at the Navy base Memphis, Tenn., San Diego, Calif., Orlando and Pensacola, Fla.

The program features the mus performers who have died of overdoses and reminds audience the waste of talent and life that abuse causes. Songs made famou Janis Joplin, the Blues Brothers, Garland and Marilyn Monro featured, along with those of musi who have rejected drugs and f positive ways of using their abiliti

A Chicago-area television st broadcast portions of the s recently. The station described the formance as a refreshing approac combating drug abuse.

• • •

New VA mortgage plan allows less down payment

Veterans Administration-guaranteed Graduated Payment Mortgages (GPM) are now available with lower downpayments for new home purchases, the VA has announced.

The new program is part of the Veterans' Disability Compensation, Housing, and Memorial Benefits Amendments passed by Congress last year.

Under the GPM, monthly payments are lower for the first few years than the corresponding monthly payments on a traditional mortgage for the same amount.

In a GPM mortgage, a portion of the interest due on the loan each month is deferred and added to the principal balance of the loan. This is done during the early years. In a traditional mortgage, all the interest and a portion of the principal are scheduled to be paid each month.

After a set number of years, the payments become a constant amount for the duration of the loan. From that point on, each scheduled loan payment includes all of the interest due plus a portion of the principal, as in a traditional mortgage.

The VA will guarantee only those GPMs which feature annual payment increases of 7.5 percent, implemented on each annual anniversary date of the loan, for the first five years.

On new homes, the downpayment with a Veterans Administration GPM may be as low as 2.5 percent of the sale price or reasonable value of the property, whichever is lower.

Dr. Benninger retires from Navy

Medical Corps Captain Charles J. Benninger III, Assistant Chairman of Dermatology Service, has detached from the command to retire after more than 23 years' service in the Navy.

Dr. Benninger told us he plans to "play for a few months," possibly visit his daughter in Australia, and then set up private practice in October in Newport, Ore., a small coastal town 60 miles from Corvallis. He will leave the San Francisco Bay Area as soon as his home is sold.

A native Californian, born in Oroville, the physician received a bachelor of arts from Stanford in 1958, completed Officer Candidate School and was commissioned an ensign in the Navy the following year. He served the line as an Air Intelligence Officer with Carrier Air Groups 5 and 19 during the 1959-62 time frame.

After obtaining his M.D. from University of California San Francisco School of Medicine, he served a rotating internship at the naval hospital in San Diego, followed by duty as flight surgeon with Fleet Air Wing Two.

Returning to San Diego in 1970, he completed a three-year residency in dermatology and in a following billet served in that specialty with Naval Regional Medical Center, Camp Pendleton.

Dr. Benninger joined the Oak Knoll staff in 1975.

He is board-certified by the American Board of Dermatology and a member of five professional societies. He was published in the Bulletin of the Association of Military Dermatologists with a paper on tropical medicine.



CAPT C.J. Benninger III

Dr. Benninger is the father of three daughters, 20, 17 and 15 years old.

Bring no longer needed items to base flea market to earn $

The Naval Regional Medical Center fficers Auxiliary will sponsor a flea arket in the Oak Knoll Officers' Club arking lot from 11 a.m. to 6 p.m. on iday, June 4.

All military families of the command e invited to participate if they'd like to rn some extra money and clean out eir closets and garages of unused, t serviceable articles. To reserve a ace, call either Nancy Harris at 582-9463 or Roseann Tedesco, 982-3641. A charge of $3 per space will go into the auxiliary's fund for philanthropic projects. Mrs. Harris said some display tables are available for those who reserve early.

All profits from the sale of the merchandise will go to the seller and all personnel, military and civilian, are invited to shop the flea market during the day of the sale.

Joggers advised to carry IDs or wear dog tags

Recently, an individual at a military base suffered a heart attack while jogging alone. Because the jogger was unconscious and carried no identification, emergency room doctors had to treat him without knowing if he had any other medical problems that posed a threat to his survival.

Medical records of a heart attack victim or a seriously injured person are always of concern to a medical staff when treatment is necessary.

People who participate in sports can help avoid problems that could arise in such a situation if they carry identification with them during their recreational activities. It is a good idea to carry dog tags, a military ID card or any other form of personal identification.

If any special medical attention is required, or if the person is on medication, this information should also be carried.

'A to conduct 'Agent Orange' physical exams

Arrangements have been made with Veterans Administration to conduct sical examinations of all personnel, luding those on active duty, who y have been exposed to "Agent Orange" (a herbicide used during combat operations in Viet Nam).

Personnel desiring such an examination may write to the following:

Office of Environmental
Medicine (102)
Room 848
Veterans Administration Central Office
810 Vermont Avenue, NW
Washington DC 20420

The VA Central Office will respond with the necessary forms and instructions concerning the examination and registry entry.



'Yes, you can go back to the base, but don't do any chewing out for the next few hours, Sarge . . ."

Medical effects of marijuana

"There is no doubt at all that marijuana is a dangerous drug with great potential for serious harm to young American users."

--from a report by the American Medical Association

The effects of marijuana on humans have been outlined for ready reference in a number of physiological and psychological areas:

Brain:

- Is the target organ for marijuana.
- Structural changes occur in the brain with use.
- Actual intoxication impairs learning, memory, thought processes, comprehension and general intellectual performance.
- At moderate use levels, impairs driving skills.

Lungs:

- Contains large amount of cancer-causing hydrocarbons (more than contained in tobacco cigarettes.)
- With daily usage, danger to lungs can appear in three months.
- Bronchitis and emphysema are common in regular marijuana users.

Heart and circulatory system:

- Increases heart rate—up to 140 beats per minute.
- Occurrence of miscarriages in users is more common than in non-users.
- Among laboratory animals, abnormalities in sperm have been noted as well as damage to the male reproductive organs.

Psychological damage:

- Many physicians believe that use may adversely affect psychological functioning, personality development, emotional growth and learning, especially in childhood and adolescence.
- Psychological damage may be permanent.
- Large doses of THC (an active ingredient of marijuana) can induce hallucinations, delusions and feelings of paranoia.
- Thinking may become confused and disoriented.
- Initial euphoria may give way to anxiety reaching panic proportions.
- Moderate use is associated with school dropouts, psychosis, panic state and adolescent behavior disorders.

Residual effects—half-life:

- Some active ingredients of marijuana remain in fat tissues of the body for approximately 30 days.
- One-half of the active ingredients remain in the body for seven days. (In comparison, alcohol is water soluble and used up in 24 hours or less.)

Six volunteer for plasmapheresis



FOR DONATING PLASMA—Medical Corps Lieutenant Jackson O. Pemberton, Jr. and Hospital Corpsman Second Class Kaytee Wright, both of Laboratory Service, observe the operation of a haemonetics machine.

Six Naval Regional Medical Center Oakland staff members donated plasma during the month of April to the Oak Knoll blood bank.

They were: Hospital Corpsman First Class Joyce A.Burris; Hospital Corpsmen Second Class Janine E. Brill, Cindy Thompson and Amy Hirschinger; Hospital Corpsman Third Class Paul E. Nichols and Hospitalman James D. Harmon.

The process, known as plasmapheresis, involves inserting a needle in each arm of the donor. One takes out a unit of whole blood, the other re-infuses the packed red blood cells. All of this is accomplished through use of a device known as a haemonetics machine, which may also be used to yield platelets and white cells. The process takes up to three hours to perform.

Anyone interested in information on donating plasma or units of blood should contact the blood bank at Ext. 2329 or 2283. All blood types are needed.

The Laboratory staff thanks the six corpsmen listed above for taking the time to volunteer for the plasmapheresis, and also appreciates those who donate units of blood in the more conventional manner at the donor center.



PLASMA VOLUNTEER—Hospital Corpsman Second Class Amy Hirschinger is donor under the plasmapheresis process. Checking one of the needles is Marlene Bartram (white jacket)







Layman's guide to drug education

By W. R. Spence, M. D.

Drug abuse has many faces. It is the chain smoker who can't quit. It is the woman who starts her day with a diet pill for a pickup and who ends it with a sedative to get to sleep. It is the man who can only unwind with the help of several drinks. It is the 12 year old who sniffs glue, or the addict who shoots heroin. Above all, it is a person retreating from reality. To increase your awareness about drugs, the following information is offered:

AMPHETAMINES

Proper names—Benzedrine, Desoxyn, Dexedrine, Biphetamine.

Slang names—Uppers, Pep Pills, Bennies, Meth, Speed or Hearts.

Classification—Stimulant.

Medical uses—Hyperactive children, narcoplepsy (frequent and uncontrollable desire for sleep) and weight reduction.

Symptoms of abusers—Excitability, restlessness, tremors, insomnia, sweating, dry mouth and lips, bad breath, dilated pupils, increased psychoses.

BARBITURATES

Proper names—Nembutal, Seconal.

Slang names—Downers, Goof Balls, Barbs and Reds.

Classification—Depressant.

Medical uses—Sedatives, treatment of high blood pressure, epilepsy and insomnia.

Symptoms of abusers—Similar to alcohol intoxication without its odor. Drowsiness, confusion, incoordination, tremors, depressed pulse rate and blood pressure, and respiratory depression.

COCAINE

Proper name—Cocaine.

Slang name—Snow, Dust, C or Coke.

Classification—Narcotic.

Medical use—Local anesthetic for mucous membranes.

Symptoms of abusers—Excitability, anxiety, increased pulse rate, nausea, hallucinations, dilated pupils and possible violent behavior. Also often combined with heroin.

ETHYL ALCOHOL

Proper name—Alcoholic beverages.

Slang name—Booze, Liquor, Cocktail, Moonshine, White Lightning or Fire Water.

Classification—Intoxicant.

Medical uses—None.

Symptoms of abusers—Poor judgment, incoordination, slurred speech, staggering, coma; odor of alcohol on breath.

HALLUCINOGENS

Proper names—Psilocybin, Mescaline, Lysergic Diethylamide and Dimethyltryptamine.

Slang names—LSD, STP, DMT, Acid, Cubes, Sugar or Zen.

Classification—Hallucinogen.

Medical use—None. Some experimental use.

Symptoms of abusers—Trance-like state, confusion, tremors, hallucinations, euphoria, depression, increased pulse rate, dilated pupils and psychoses.

HEROIN

Proper name—Heroin.

Slang names—Horse, H, Smack, Junk, Joy Powder or Dope.

Classification—Narcotic.

Medical use—None.

Symptoms of abusers—Euphoria, lethargy, drowsiness, slurred speech, flushing of skin on face, neck and chest, chronic constipation, nausea, constricted pupils, needle scars on arms and legs and coma.

MARIJUANA

Proper name—Cannabis sativa.

Slang names—Pot, Grass, Weed, Acapulco Gold, Smoke, Loco Weed, or Reefer.

Classification—Intoxicant.

Medical uses—Used experimentally in reducing eye pressure in glaucoma patients and in controlling side effects in treatment of cancer patients.

Symptoms of abusers—Odor of burned rope on breath, euphoria, mood swings, increased appetite, confusion and drunkenness.

METHADONE

Proper name—Dolphine.

Slang names—Dollies, Dolls.

Classification—Narcotic.

Medical uses—Relieves pain resulting from withdrawal from other narcotics.

Symptoms of abusers—Euphoria, lethargy, drowsiness, slurred speech, flushing of skin on face, neck and chest, chronic constipation, nausea, constricted pupils and coma.

MORPHINE

Proper name—Morphine.

Slang names—Morpho, M, Hocus, Miss Emma, White Stuff or Dope.

Classification—Narcotic.

Medical use—Relieves pain.

Symptoms of abusers—Euphoria, lethargy, drowsiness, slurred speech, flushing of skin on face, neck and chest, chronic constipation, nausea, constricted pupils, needle scars on arms and legs and coma.

NON-BARBITURATE DEPRESSANTS

Proper name—Noctec, Equanil, Miltown, Noludar, Doriden, Placidyl, Quaalude, Valium and Librium.

Slang names—Tranquilizers, muscle relaxants or sleeping pills.

Classification—Depressant.

Medical uses—Sedation, tranquilization and relief of muscle spasms.

Symptoms of abusers—Similar to alcohol intoxication without its odor. Drowsiness, confusion, incoordination, tremors, depressed pulse rate/blood pressure and respiratory depression.

ORGANIC SOLVENTS

Proper names—Aerosols, Airplane glue, Gasoline, Thinner and the like.

Slang names—Sniffing or Glue Sniffing.

Classification—Intoxicant.

Medical uses—None.

Symptoms of abusers—Similar to alcohol intoxication without its odor. Nausea, vomiting, liver, nerve and blood damage, hallucinations and psychoses. (NES)

One patient's view of Radiology







IR FORCE BRIEFERS—Medical Service Corps Lieutenant Colonel A.H. Ver-na and Nurse Corps Captain K. Meisetschleager of the Patient Airlift Center, cott Air Force Base, Ill., briefed Naval Regional Medical Center Oakland per-nnel on aeromedical patient evacuations during a visit here April 29.

requent nosebleeds ause for concern?

You don't have to get in the ring th boxer Sugar Ray Leonard to get a sebleed.

Nosebleeds can occur at any age d are especially common in child-od. Most occur in only one nostril d often stop by themselves.

Pregnant women sometimes have em due to increased blood volume or vitamin C deficiency. Other causes ay include injuries, frequent nose wing, colds or allergies.

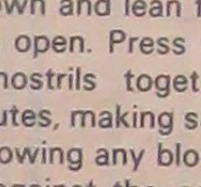
Following are some first aid thods for simple nosebleeds and me warning signs of serious ones:

A small vein near the front of the e is the most common source of eding. To help stop the bleeding ve the victim sit down and lean for-rd with the mouth open. Press the t parts of the nostrils together tly for several minutes, making sure victim is not swallowing any blood. old cloth placed against the nose face will also help constrict any n blood vessels.

losebleeds originating from the k of the nose may be more difficult top and will often require the aid of ysician. If blood comes from both trils or appears in the mouth, seek mpt medical attention. Have the vic-lie on his or her side with the face ed down over the side of the bed pinch the nose tightly or plug with on until a physician can be reached.

nosebleeds occur often or con-e for a long period of time, the se should be investigated. They indicate other health problems.

BIRTHS



he following new additions to the ary medical "family" have arrived aval Regional Medical Center Oak-

baby boy to Lieutenant Victor V. pe, Medical Service, and his wife dra, April 27.

baby girl to Hospital Corpsman ond Class Charles Leotha Brewer, ed States Coast Guard, Govern-t Island, and his wife Zeffra, April

Ear zone off limits

Don't forget the old adage, "Never put anything in your ear smaller than your elbow."

Self-inflicted injury to the ear canal is one of the most frequent causes of earaches and is the easiest to avoid. Objects such as writing pens, hair pins or swabs can cause considerable damage and children especially should be cautioned against putting things in their ears.

Earaches occur commonly, also, in relation to respiratory infections.

Symptoms such as pain, bleeding, inflammation, swelling, drainage and fever indicate an infection, probably to the middle ear, requiring medical care. Do not place anything in the ear until a physician can be consulted. If the ear is infected the condition could be aggravated and may spread beyond the middle ear. Inadequate or delayed care can cause serious complications or permanent damage, especially to children.

Earaches can be caused by other health problems. Referred pain from an area close to the ear, an irregular dental bite, low barometric pressure or blows to the head may cause pain that will be centered in the ear. If pain persists seek medical care.

VA Qs and As

Q—I am entitled to hospital treatment at Veterans Adminstration hospitals because I am 100% disabled from service connected causes. Is there any similar medical care available for my family?

A—Your family may be entitled to the VA's Civilian Health and Medical Program (CHAMPVA). This is a medical benefits plan through which the VA helps to pay for medical care obtained from civilian sources by certain dependents of veterans with permanent and total service connected disabilities. The surviving spouse and chidren of veterans who died as a result of a service connected disability, or of veterans permanently and totally disabled from service connected disabilities at the time of death, are also eligible.

* * *

Q—May on-the-job G.I. Bill training be pursued on a part-time basis?

A—No, you must use this training on a full-time basis.

MED • SCAN

A quick look at recent health care developments

Is a vaccine on the way to prevent tooth decay? Since the bacteria that cause caries (cavities) are on the surface of the teeth, a vaccine that would create antibodies in the bloodstream to fight the bacteria would be useless. But saliva is another thing. Saliva, along with tears, nasal secretions, gastrointestinal secretions and breast milk, is part of the immune system. **Antibodies can be stimulated in the glands manufacturing saliva which would fight the bacteria.** Another approach, according to *Sciquest* magazine, is to find a vaccine that would immunize against an enzyme that is located on the outside of the caries-producing bacteria. This enzyme, in conjunction with sugar, produces a substance called glucans which has a sticky quality that helps the bacteria to accumulate on the surface of the teeth.

* * *

Those clever TV commercials aside, which showed supposed centenarians eating yogurt, **there is little reason to accept the many reports of super-old people thriving in mountainous regions of several countries.** These groupings of peple supposedly well into their second centuries, are in Abkhasia, Soviet Georgia; Kashmir's Hunza District; and the village of Vilcabamba in Ecuador. In an article in *Geriatrics* magazine the **Soviet claims are effectively disputed.** The most telling argument is that there is no documentation for any alleged Russian centenarian before 1932, physical and biochemical test results on the super-old resemble results expected of people in their 60s, and during World War I and II many men in the USSR took the names of their fathers to avoid military service, especially in the mountains of Georgia. The claims of the ancients of Kashmir and Ecuador are similarly debunked. But there is evidence that our life-span can be lengthened by calorie restriction, body temperature reduction and drugs.

* * *

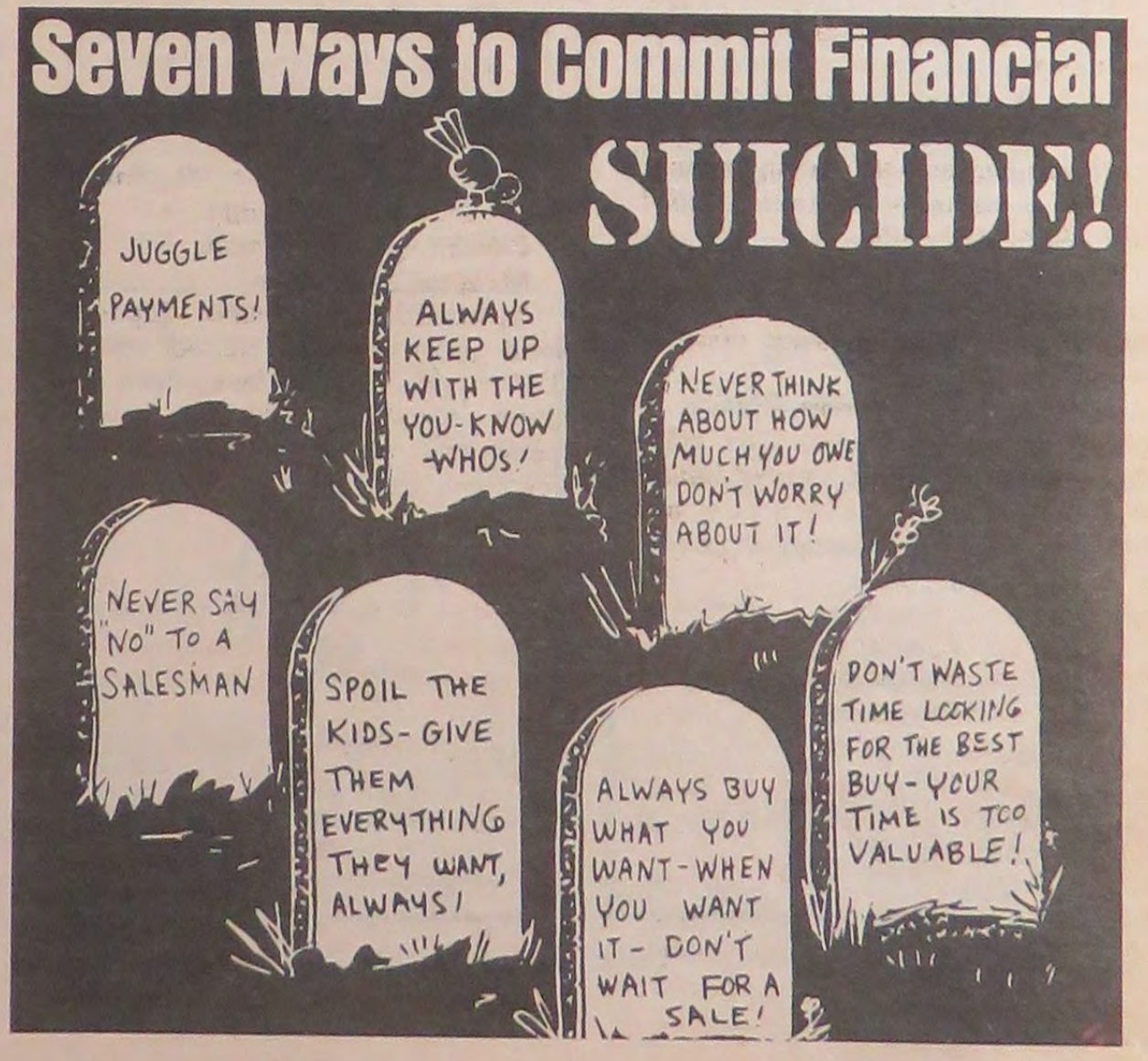
Lancet, the British journal, discovered that **British saints, like physicians today, tended to specialize.** For example, St. Vitus is the patron saint of those people afflicted with demonic possession, epilepsy, chorea and nervous disorders. He also is good for snake bites, but for the bite of a mad dog St. Sithney is the one. For toothache a sufferer has several choices: Saints Appollonia, Kea, and Medard. If a rupture, paralysis or madness is the problem then St. Osmond, who was Bishop of Salisbury during William the Conqueror's time, will probably prove helpful. For a headache you have the choice of three saints: Gereon, who lost his head—literally—in 304, and Drnin and Armel. Armel also does a number on fever, colic, gout and rheumatism. If you're a nursing mother, St. Giles has an eye out for you, and if you happen to be pregnant, St. Margaret of Antioch promised that those women who invoked her would be free from danger during labor.

* * *

Federal **automobile safety standards,** enforced in 1968, **resulted in the saving of some 37,000 lives in the period 1975-1978,** a Yale University study has revealed. The effectiveness of the standards, including mandated safety belts, energy-absorbing steering assemblies and high penetration-resistant windshields, was examined using detailed data on 236,000 vehicles involved in fatal crashes during 1976-1978.

* * *

The ancient therapy of **bloodletting hasn't had a good press for a long time.** It's suspected that **George Washington's death was hastened by a too enthusiastic opening of his veins** during his last illness. And **Charles II of England lost 24 ounces of blood to the lancets of his courtiers when he was stricken with a stroke.** Of course, Charles' attendants went a little further than George's did. After dangerously depleting his blood supply, they made him vomit, and then they gave him a series of enemas. Those preliminaries out of the way, they got down to serious business. First they shaved Charley's head and applied blistering agents to his scalp. That done they heated a poker and gave him a little therapeutic singeing. **Charles went into convulsions and succumbed shortly after.** Yet ignoring the dark history of bloodletting, **today's physicians are discovering that there are some advantages to reducing some patients' blood supply,** particularly those patients whose red blood cell concentrations are so high that they are threatened with stroke. **And some tentative studies in England suggest that bloodletting can increase blood flow in the brains of patients with abnormally "thick" blood.** A team of researchers in London's National Hospital took a small quantity of blood—about seven to ten ounces—from 38 volunteers. After a series of "bloodletting" treatments, the hemoglobin (oxygen-carrying factor) level dropped by 13 percent—but the blood flow in the brain increased by 40 percent. Another research team in Scandinavia also got much the same results although the blood flow to the brain was not increased as greatly. Psychological tests demonstrated an increase in mental acuity.



(Editor's Tip: Clip and retain for your files.)

How To Respect And Display Our Flag

Have you ever admired, maybe envied, the snappy way those people at your base or installation or aboard your ship handle the national colors?

Each military service has its own rules and regulations for proper care and handling of the flag. There are also a number of laws on the subject.

But how do you handle Old Glory on your own, at home, church, PTA, patriotic society meetings, or at school parades? Respect for the national colors and some knowledge of how the flag should be handled, displayed and cared for is the responsibility of every citizen.

Here are some general rules on handling and display of the flag:

The National colors should be raised and lowered by hand. Do not raise the flag while it is furled. Unfurl, then hoist quickly to the top of the staff. Lower it slowly and with dignity.

It is the universal custom to display the flag only from sunrise to sunset on buildings and on stationary flag-staff in the open. However, when a patriotic effect is desired, the flag may be displayed 24 hours a day if properly illuminated during the hours of darkness.

The flag should not be displayed on days when the weather is inclement, except when an all-weather flag is displayed.

Take every precaution to prevent the flag from becoming soiled. It should not be allowed to touch the ground or floor, or to brush against objects.

When carried, the flag should always be aloft and free—never flat or horizontal.

The flag should not be dipped to any person or thing, with one exception: Navy vessels, upon receiving a salute of this type from a vessel registered by a nation formally recognized by the United States, must return the courtesy.

When displayed from a staff in a church or public auditorium, the flag should hold the position of highest prominence, in front of the audience, and at the clergyman's or speaker's right as he faces the audience, with other flags at his left.

The flag should never be displayed upside down except as a signal of dire distress.

Do not use the flag as a portion of a costume or athletic uniform.

Place no objects on or over the flag.

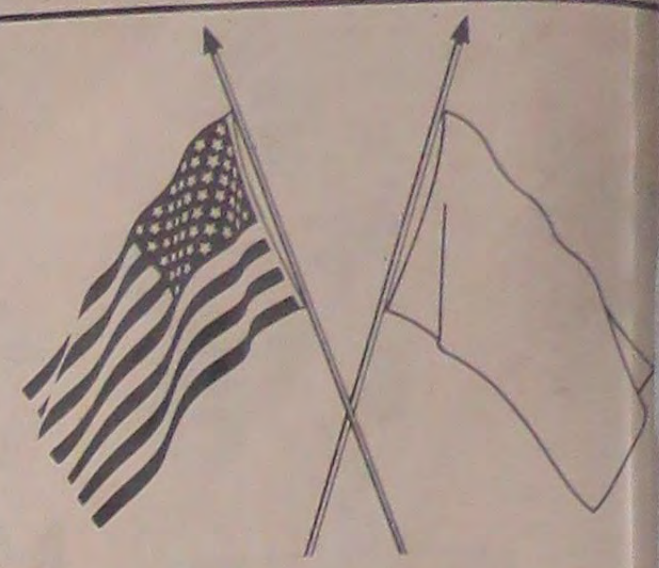
Never use the flag as drapery or to cover a speakers platform.

When the flag is used in unveiling a statue or monument, it should not serve as a covering of the object to be unveiled. If it is displayed on such occasions, do not allow the flag to fall to the ground, but let it be carried aloft to form a feature of the ceremony.

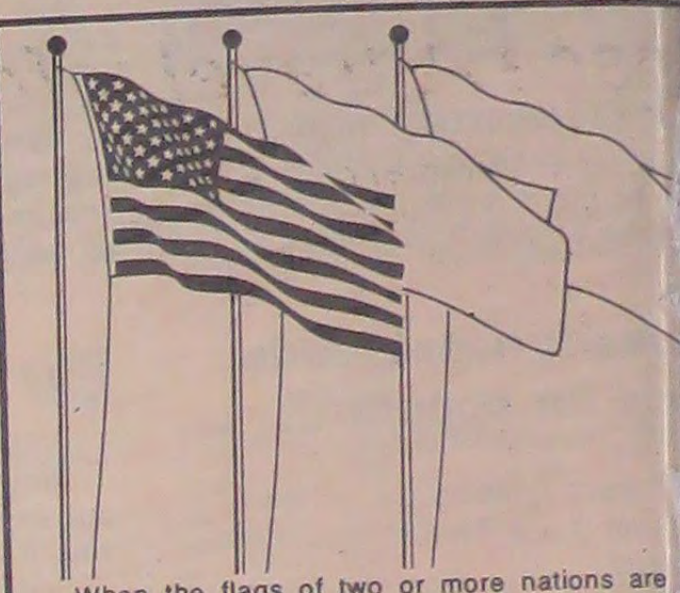
Do not use the flag as a receptacle for receiving, holding, carrying, or delivering anything. Never place upon the flag, or attach to it any mark, insignia, letter, word, figure, design, picture, or drawing of any nature.

No other flag may be flown above the Stars and Stripes, except: (1) the United Nations flag at U.N. Headquarters; (2) the church pennant, a dark blue cross on a white background, during church services conducted by chaplains at sea.

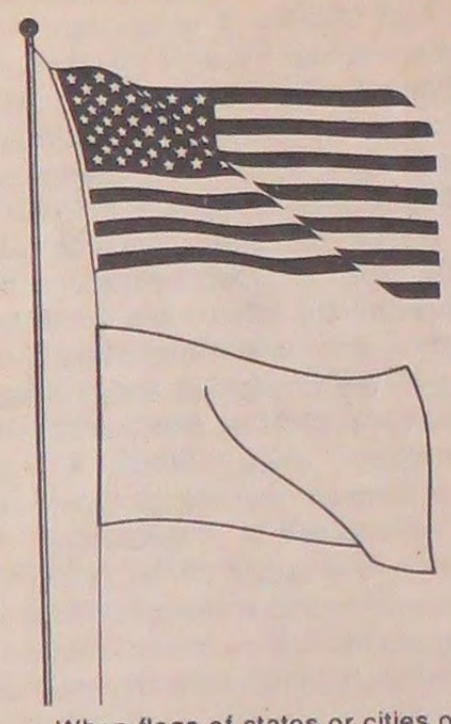
When the American flag becomes tattered and torn or too soiled to clean, it should be destroyed by burning, not dumped in the trash.



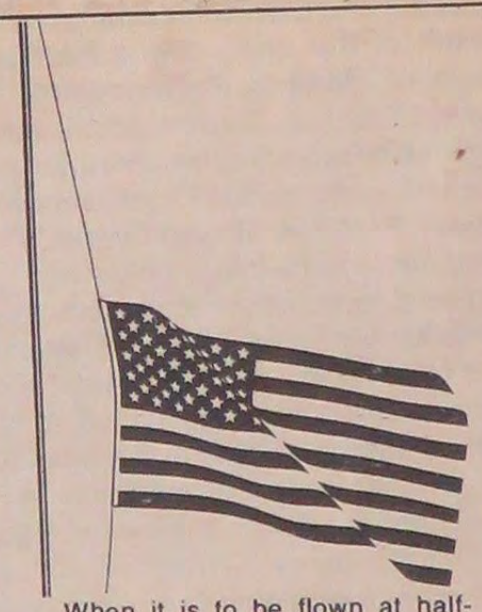
When displayed with another flag from crosse staffs, the flag of the United States of America shou be on the right (the flag's own right) and its st should be in front of the staff of the other flag.



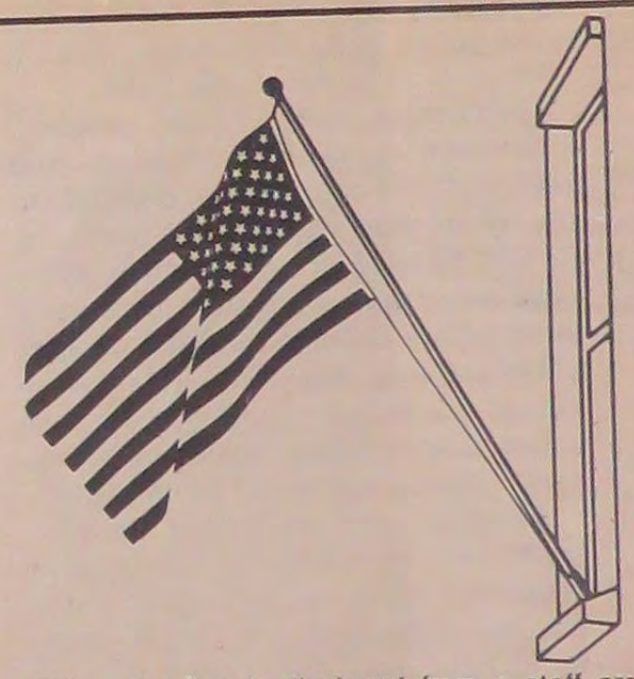
When the flags of two or more nations are played they should be flown from separate staff the same height, and the flags should be of appr mately equal size. International usage forbids display of the flag of one nation above that of ano nation in time of peace.



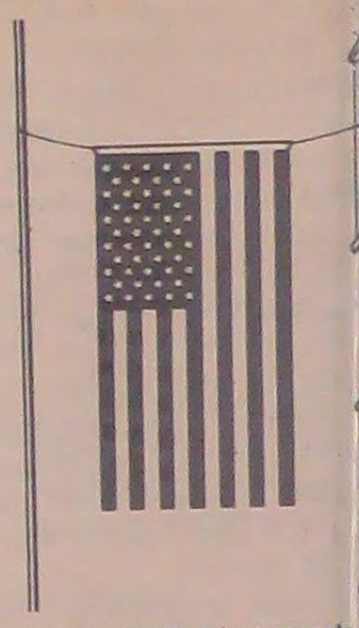
When flags of states or cities or pennants of societies are flown on the same halyard with the flag of the United States of America, the latter should always be at the peak. When flown from adjacent staffs the Stars and Stripes should be hoisted first and lowered last.



When it is to be flown at half-staff, the flag should be hoisted to the peak for an instant and then lowered to the half-staff position; but before lowering the flag for the day it should again be raised to the peak. "Half-staff" means the position of the flag when it is one-half the distance between the top and bottom of the staff. On Memorial Day display at half-staff until noon only; then hoist to the top of staff.



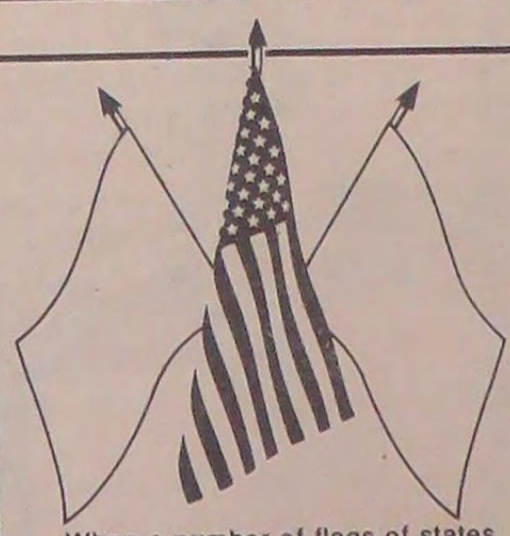
When the flag is displayed from a staff projecting horizontally or at any angle from the window sill, balcony, or front of a building, the union of the flag should go to the peak of the staff (unless the flag is to be displayed at half-staff).



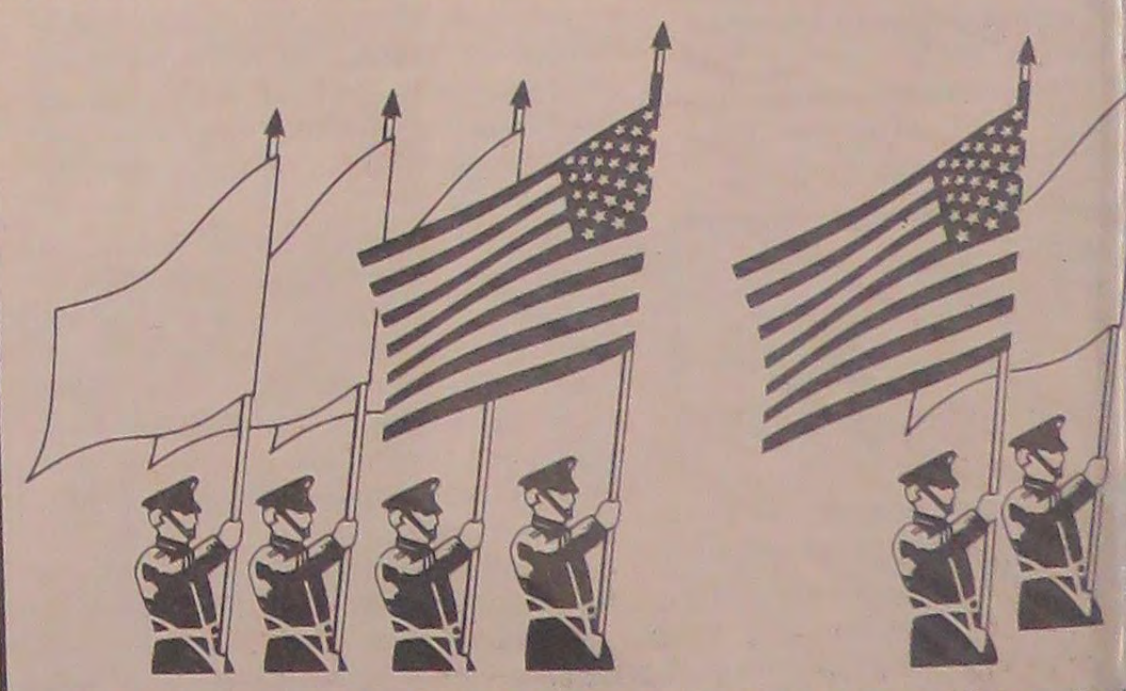
When the flag is supended a sidewalk from a rope exte from house to pole at the ed the sidewalk, the flag shou hoisted out from the buildi ward the pole, union first.

Dates To Remember

- May 15 Armed Forces Day
- May 31 Memorial Day
- June 14 Flag Day
- July 4 Independence Day
- September 6 Labor Day
- October 11 Columbus Day
- November 11 Veterans Day



When a number of flags of states or cities or pennants of societies are grouped and displayed from staffs with our National flag, the latter should be at the center and at the highest point of the group.



When carried in a procession with another flag or flags, the Stars and Stripes shoul ther on the marching right, or when there is a line of other flags, in front of the center line.





OPEN MINDS"—High school students of the Oakland Unified School District sited NRMC Oakland on April 27 and, in the photo on the left, are told of reer pathways and jobs in federal service by Ms. Sherry Robinson, while at ht Hospital Corpsman Second Class Margaret Rodriguez explains opportunities for Navy women. The "Open Minds" program, funded by the Vocational Education Unit of the California State Department of Education in conjunction with the school district, acquaints female high school students with non-traditional occupational majors. The students provide feedback to the school district on information they have gained. Lieutenant Lisa Halton of Nursing Service coordinated their visit here.

Space A travel information—includes Oakland flights

Between 30 and 60 MAC contract flights per month now depart Oakland Internanal Airport in the San Francisco Bay Area.

Destinations served by one or two flights each per week include: Anchorage, aska, Yokota Air Base, Japan; Osan Air Base, Korea; Kadena Air Base, Okinawa; d Clark Air Base, Philippines.

MAC counter staff reports about seven days wait is typical for Space A'ers parting Oakland.

MAC passenger counter on the main concourse alongside commercial airline ket counters is open 24 hours daily. Flight information may be obtained by calling 15) 635-8482.

The Airport USO offers travelers a place to sleep, wait or sip coffee 24 hours ly. Its permanent facility on the terminal's 2nd floor opened May 12.

• • • •

EAST COAST SPACE AVAILABLE FLIGHTS
(Subject to Change)

	DEPARTURE
rmany	McGuire, almost daily
	Dover, daily
	Philadelphia, Sun.
ain	
ota	Philadelphia, Tues.
	Norfolk, Mon., Wed., Thurs.
orrejon	Dover, two per week
otland	McGuire, via Mildenhall
gland	McGuire, three per week
ildenhall	Dover, three per week
	Pease, two per week
land	McGuire, Tues.
ores	McGuire, three per week
nada, Goose Bay	McGuire, Mon.
ewfoundland	
ly	
aples or Aviano	Philadelphia, two per week
igonella	Philadelphia, Tues.
rldwide	Andrews, infrequent, unscheduled
ece	
thens	Norfolk, Mon., Wed.
thens and Adana, Turkey	Dover, two per week
muda	Charleston, Tues. or Thurs.
rmany	Charleston, daily
gland and Scotland	Charleston, every other day
nama	Charleston, 14 to 16 per month
uth America	Charleston, 2 to 4 per month
erto Rico	Charleston, 2 to 4 per month, Tues., Thurs.
oosevelt Roads	Patrick, Tues., Thurs.
tigua	Patrick, four per week, Mon.-Thurs.

Contact Space A counter prior to desired departure. Check visa requirements—nama, CZ, on all transits.

McGuire AFB: Space A Counter, Hq 438 Military Airlift Wing (MAC), McGuire B, N. J. 08641 Tel. (609) 724-3671 (recording); (609) 724-2864. Autovon 0-2100, Ext. 2864. Transient billets available (Doughboy Inn Ft. Dix is best motel area.)

Philadelphia Int'l Airport: Check in and flight from Philadelphia, Tel. (215) 492-31, no Autovon.

Charleston AFB: Space A Counter, 437th Aerial Port Sqdrn. (MAC), Charleston B, SC 29504. Tel. (803) 554-2347 or 2610. Autovon 583-2610 or 2347. Transnt quarters. AFB, 554-3145 or 2802. Naval Station Motel (803) 743-5540.

Dover AFB: Space A Counter, Hq 436 Military Airlift Wing (MAC), Dover AFB, DE 901. Tel. (302) 678-6891 (recording). Passenger Terminal Tel. (302) 678-6892 6893. Autovon 455-6892 or 6893.

Andrews AFB: Space A Counter, 93rd Aerial Sqdrn., Andrews AFB, MD 20331. . (301) 981-3528 (3527 recording), Autovon 858-3527.

Patrick AFB: Space A, 6551st Transportation Sqdrn. (AFSC), Patrick AFB, FL 925. Tel. (305) 494-5631. Autovon 854-5631.

Pease AFB: Space A Counter, Pease AFB, Portsmouth, N. H. 03801. Tel. (603) 430-2103.

Norfolk, NAS: Space A Counter, Norfolk, NAS, VA 23511. Tel. (804) 444-4148 (4377 recording).

(Editor's Note: The above information is reprinted by permission, Military Travel News SPACE A II Revised. Its editorial staff publishes a 278-page travel book for military families, active duty and retired. Featured are travel bargains including the free Space Available flights offered by the Air Force Military Airlift Command and U. S. Navy flights, discounts on commercial airlines, military charter flights, cruises, trains, hotels and motels, transient quarters and military facilities in the U. S. and overseas. Copies of SPACE A II 1982 are available from Military Travel News, Box 9C, Oakton, Va. 22124 for the mail order price of $7.20 ppd. book rate, $8.75 first class. Sample copies of Military Travel News and Travel News newsletters are also available. Include $1 to cover postage and handling.)

Free child care for NAS shoppers

All military families from NRMC Oakland, who use the facilities at Alameda Naval Air Station may take advantage of the CO-OP Play and Learn Center there.

CO-OP is a volunteer parent group which provides free drop-in child care. It has been designed for parents who need a place to leave the kids while going to the commissary, dispensary, or just taking some needed time to be alone. It does not provide full-time child care. Members volunteer time in proportion to the amount of time they utilize the center.

The hours of operation are:
Monday 8:30 a.m.-12:30 p.m.
Tuesday 8:30 a.m.-4:30 p.m.
Wednesday 8:30 a.m.-12:30 p.m.
Thursday 8:30 a.m.-4:30 p.m.
Friday 8:30 a.m.-4:30 p.m.

The CO-OP is located in the North Housing Community Center on Mosley Ave. For further information call during hours of operation at 522-8768, or the Family Service Center at 869-4256.

MOVIES

Friday, May 14, 6:30 p.m.—STIR CRAZY—Gene Wilder, Richard Pryor—Comedy/R

Saturday, May 15, 1 p.m.—THE NORTH AVENUE IRREGULARS—Edward Herrmann, Susan Clark—Comedy/G

Saturday, May 15, 6:30 p.m.—THE EXTERMINATOR—Christopher George, Samantha Eggar—Action/R

Sunday, May 16, 6:30 p.m.—ESTHER AND THE KING—Joan Collins, Richard Egan—Historical Drama/PG

Monday, May 17, 6:30 p.m.—THE BLUES BROTHERS—John Belushi, Dan Akroyd—Musical Comedy/R

Tuesday, May 18, 6:30 p.m.—MODERN PROBLEMS—Chevy Chase, Patti D'Arbanville—Comedy/PG

Wednesday, May 19, 6:30 p.m.—THE HAZING—Jeff East, Kelly Moran—Drama/PG

Thursday, May 20, 6:30 p.m.—HEAVY METAL—Animated Adult Fantasy—R

Friday, May 21, 6:30 p.m.—ORDINARY PEOPLE—Donald Sutherland, Mary Tyler Moore—Drama/R

Saturday, May 22, 1 p.m.—THE APPLE DUMPLING GANG RIDES AGAIN—Don Knotts, Tim Conway—Western Comedy/G

Saturday, May 22,6:30 p.m.—A PLEASURE DOING BUSINESS—Conrad Bain, John Byner—Comedy/R

Sunday, May 23, 6:30 p.m.—THE AFRICAN QUEEN—Humphrey Bogart, Katherine Hepburn—Adventure/PG

Monday, May 24, 6:30 p.m.—AMERICAN GIGOLO—Richard Gere, Lauren Hutton—Drama/R

Tuesday, May 25, 6:30 p.m.—CHARIOTS OF FIRE—Nicholas Farrell, Migel Havers—Drama/PG

Wednesday, May 26, 6:30 p.m.—INCUBUS—John Cassavetes, Kerrie Keane—Horror/R

Thursday, May 27,6:30 p.m.—TIME BANDITS—John Cleese, Sean Connery—Comedy/PG

Chiefs to challenge MSCs in NRS benefit softball game

The second annual Navy Relief Society benefit softball game will be played on Field One at 2 p.m. on Friday, May 21, with Chief Petty Officrs matched against Medical Service Corps Officers.

Each participant will donate $2 and the basket will be passed among the spectators. All proceeds will go to the Navy Relief Fund.

The MSC's won last year so the chiefs are looking for a win this year. HMCM Mickey Maramoto is the coach and starting pitcher for the chiefs while LTjg Owens is the coach for the MSC team.

The game should be exciting and a lot of fun. Refreshments will be available.

Nimitz Run at TI

The Seventh Annual Nimitz Run, sponsored by the Special Services Department, Naval Station Treasure Island and the NROTC, UC Berkeley, will be held Saturday, May 29 at 8:30 a.m.

Runners will have the opportunity to run Treasure Island, taking in scenic views of San Francisco, Oakland, Alcatraz, etc. with a choice of two courses: 5K and 10K. The 5K will encircle flat Treasure Island and the 10K will cover Treasure Island plus the challenging inclines on Yerba Buena Island. Choose either course on race day.

Categories by age divisions for each race will include both men and women: 12 years and under, 13-18 years, 19-29 years, 30-39 years, 40-49 years and 50 and over.

Race day registration will be $7. Awards will be presented. T-shirts to all finishers. Refreshments served.

To get to Treasure Island, take the Treasure Island exit off the Bay Bridge and follow the signs. Personnel at the main gate will direct you to parking and race starting line.

For further information call (415) 642-3551.

Tennis, anyone?



Tennis lessons will be available on base courts soon on Mondays from 9:30 a.m. to 12 noon with instruction from Dr. Paul Welles.

One-hour lessons cost $20 for a group of four persons, $18 for three, and $16 for two. One-half hour private lessons are also available for $8.

To sign up or for further information, call Dr. Welles at 359-4537.



Track, field meet slated next week

The Central Pacific Regional Track and Field Championships are scheduled for May 22 at Merritt College, 12500 Campus Drive, Oakland, beginning at 1 p.m.

Each command may enter three participants in each event except the relays, which are limited to one entry each. A participant may enter any three events plus both relays.

Events for men will be: Mile, 440 yard, 100 yard, mile relay, 800 yard, 220 yard, 2-mile run, 180 yard low hurdles, 880 relay, broad jump, triple jump, pole vault, shotput, discus, javelin and high jump. Women's events include the mile, 100, 220 shotput and long jump. Participants must provide their own equipment such as shotput, javelin, discus, pole vault pole, relay baton, etc.

Call Ron Brown, Ext. 2350 for more information.

Science camp slated for teens

A week of wilderness camping and studying such things as amphibians, insects and the stars is offered young people at the East Bay Regional Park District's Camp Ohlone Science Camp.

The once-a-year event is scheduled for June 21-27 and will be limited to 30 boys and girls, ages 11-15. In addition to meeting the age requirement, applicants must show they have a real interest in the natural sciences.

For that's what Camp Ohlone (rhymes with pony) is all about. A typical day's schedule might include a pre-breakfast bird walk, an insect program, study of aquatic and amphibian life, and to top it off, an astronomy program.

Setting for the camp is one of the few remaining true wilderness areas in the Bay region, a spot in Alameda Creek Canyon at the line dividing Alameda and Santa Clara Counties. The camp is part of Sunol Regional Wilderness.

Except for one rustic cabin that serves as camp headquarters, it is strictly an "under the stars" place.

The resident staff, all naturalists from the Environmental Education Center (EEC) at Tilden Regional Park, includes Steve Abbors and Alan Kaplan as co-directors, and Ira Bletz. Among guest leaders expected for one day sessions are two more EBRPD naturalists, Ron Russo, an expert on galls (those lumps that insects cause to grow on plants) and Alice Tetlow-Noyes, plant ecologist, along with Park Zone Manager Mel Thompson who makes spiders seem truly fascinating.

Abbors and Kaplan are asking that those interested in the camp call them at EEC, (415) 525-2233, any weekday between 8:30 a.m. and 5 p.m. Applications must be received by June 1.

The camp fee is $115 for residents of the East Bay Regional Park District and $135 for all others.

(East Bay Log)

Plans in progress

Dinner dance to mark Hospital Corps birthday

The Navy Hospital Corps will celebrate its 84th Birthday on June 17, and Naval Regional Medical Center Oakland corpsmen will mark the occasion with a dinner dance in the Officers' Club the following night.

A planning committee is in the process of meeting to work out the program and details will be published as they become available, said HMC Rose Percival, committee chairperso

Other planners are HM1 Jam Donadio, HM2 Gary Griffin, HM2 Cle Houmes, HM2 Jeffrey Bodson, HM Thomas Sharp, HM3 Lori Chase, HM Kelly McDonald, HM3 Carrie Findle HM3 Gregory Primus, HM3 Donna Sc warzkope, HN Robert Arrowsmith, H Alechia Bellizare, and HN Lorea Tarpley.

Branch clinic representatives a HM2 Judy L. Grimm, Alameda; HN Ruddy N. Delumpa, Treasure Islan HM1 Gilbert P. Rubio, Moffett, ar HM3 Dawn L. Dillman, Mare Island.

Advisors include HMCM Alb Maramoto, HMCM C. Ray Graves a HMCM Charles Dackerman, Comma Master Chief.



(Art work by Lefty Burgess)

A 3 and 5.3 mile "bedpan" fun r will be held on medical center groun Saturday, June 5, beginning at 8:3 a.m. to benefit the Navy Relief Socie

Open to all, the entry fee is $6.5 and all participants will receive a free shirt.

For course details, see the diagra on hospital bulletin boards.

Fishing improved with sunny days

Along with our dispositions, fishing has improved in East Bay Regional Park District lakes with the advent of real spring weather.

At **Lake Chabot** trout are hitting salmon eggs or Velveeta cheese with limits and near limits the rule. Catfish are on the bite as well and a six-pound largemouth bass was caught over the weekend on a rubber worm.

A few stripers are being caught at **Antioch Pier,** but at **Contra Loma,** also in Antioch, almost everyone is catching two or three catfish a day.

Catfishing is also good at **Cull Canyon** with chicken livers, clams and nightcrawlers all proving effective bait.

Meanwhile the anglers at **Del Valle** in Livermore are in seventh heaven with large and small mouth bass really starting to get active now.

At **Don Castro** in Hayward, trout action is improving as the water clarity increases and chances of four to five fish per rod excellent.

The most active feeding time for trout at **Lake Temescal** is in the mornings with Velveeta cheese remaining the best bait.

Fishing is also excellent at **Pt. Pinole** in Richmond with both sturgeon and striped bass leading the parade, and at **Shadow Cliffs** (Pleasanton), the trout feeding frenzy has finally begun and anglers are regularly getting limits and near limits of 10 to 12-inch fish.



A's tickets going fast!

Ticket sales on base are brisk for the Oakland A's games, according to Sally Young of the Special Services Office, with some games sold out.

The June 6 game against Milwaukee and the July 11 game against Baltimore are both Naval Regional Medical Center Oakland days at the Coliseum.

There is a May 20 cutoff for ordering tickets for the June 6 game and a June 22 cutoff for the July 11 game and the July 7-8 games against New York.

For tickets and/or further information, call Sally at Ext. 2479.

U. S. Government Printing Office
1979-33235-689-150/3

Porthole events

SCHEDULE FOR MAY 1982

Fri., 14th, 3:30 p.m.—Wine Tastin

Fri., 14th, 8:30 p.m.—"Spoke Country Western Band

Fri., 21st, 8:30 p.m.—"Spoke Country Western Band

Sat., 22nd, 8 p.m.—Bucky Buckho D.J.

Fri., 28th, 8:30 p.m.—Memorial D Dance with Navy Dance Band

Sat., 29th, 8:30 p.m.—Smok John—Roller Disco D.J.

Bingo every Sunday at 6 p.m.

Brunch every Sunday 10 a.m. to p.m.

Buffet every Sunday 4:30 p.m. 6:30 p.m.

Monday night baseball on six fo wide screen T.V.

New Video games "Pac-Man," to be installed shortly.

Video game contests planned Tuesday nights.

Classifieds

FOR SALE

Four wood ice cream parlor chairs $ one black vinyl and chrome desk ch $15, airline cat carrier $20. Call 63 8363 daytime.

WANTED

A loving home for sweet-tempered year-old, silver gray, indoor c Spayed, declawed, current sho Contact Chaplain Seiders 639-22 or home, 397-7674.

Vol. 44 No. 10

the Oak Leaf

NAVAL REGIONAL MEDICAL CENTER. OAKLAND. CALIFORNIA.

Friday, May 28, 1982

Gloria Grace selected command Family Advocacy Representative

Gloria J. Grace, an experienced and ell-educated social worker and the ther of two, has been selected to ecome Naval Regional Medical Center akland's first full time civilian Family dvocacy Representative (FAR).

In the GS-12 Psychiatry Service osition Mrs. Grace will develop a rogram involving the problems of ild and spouse abuse and sexual ssault. "It's good to see that we are utting this program into operation," e said. "There is a real need."

No stranger to the command, Gloria as been employed at Oak Knoll for ore than three years, working as a cial worker in the same service, and that capacity as an advisor in child uidance to Pediatrics.

She has 10 years federal service, orking previously as a psychiatric cial worker for the VA Hospital in n Francisco and as a counseling pervisor for the VA Hospital in Marez. One of her other previous jobs as in the mental health specialty with private, non-profit agency in Berkeley.

Mrs. Grace attended both San Franco State University and University of lifornia, Berkeley. She has earned a chelor of arts in social welfare, and aster's degrees in both social work d public health.

Born in Laurel, Miss., and raised in n Francisco since the age of six by r parents, Andrew and Ruth Gonzales, Mrs. Grace now makes her home in Richmond with her husband Al and children Karla, 10, and Brian, 4.



Gloria Grace

Her community service includes serving on the board of a non-profit mental agency; as a friend of the board of the Richmond Ballet Company, and volunteer time with Girl Scout Troop 219, El Cerrito-Kensington Association.

uts time lag

Purchasing authority increased for NRMCO

Purchasing authority of Naval gional Medical Center Oakland has ently been increased from a 0,000 to $25,000 limit, according Lieutenant Fred White, Chief of Sup- Service.

The increased grant was authorized he Naval Supply Center, Oakland, in alf of the Naval Supply Systems nmand, through an April 30 letter to r Admiral Walter M. Lonergan, dical region commanding officer.

"This increased authority will allow o better support our customers," tenant White said, "through reduction of time between requisitioning and actual purchase." He estimates that as much as six months may be saved on some procurements.

Execution of the authority is limited to small purchase procedures. Guidance and assistance in implementing the change will be provided by the Regional Contracting Management Staff of NSC Oakland.

Medical center purchasing personnel include Bill Abbott, Geneva Adams, Sharon Burgdoff, Lil Comella, Delores Glazis, Elva Knight and Jackie Thomas. Their supervisor is David Strauss.

PM proposes CFC change

The Office of Personnel Manage- t has issued proposed regulations erning operation of the govern- t's annual charity drive, the Com- d Federal Campaign (CFC). They blish a framework in which federal loyees will have a wide choice of itable agencies to which they may ribute, and will be encouraged to nark their contributions for specific ities, rather than make an undesig- d gift which is then distributed ng many participating organiza- s.

he regulations, on which public ment is invited for 30 days, imple- t the recently issued Executive er 12353, and are designed to pro- precise criteria for participation in operation of the campaign. Early year, a Federal District Court found that rules previously used to run CFC were vague and imprecise. The new regulations supply the precision and detail which earlier rules lacked.

"Much of the problem in the past in the campaign has been a very uncharitable dispute among the parties involved over undesignated funds," Director Donald J. Devine noted. "The only real solution to this problem is to eliminate, or at least sharply reduce, such undesignated contributions. All contributors will be warned on the pledge card, in red ink, that if they fail to designate specific charities, funds will be designated for them by a Principal Combined Fund Organization."

These organizations, he said, will have allocation committees which are

Continued to Page 3)

$6,000 thusfar

Fund-raising events support Navy Relief

LCDR Robert K. Ridgeway, NRMC Oakland's project officer for the 1982 Navy Relief Society fund drive, reports a total of $6,000 collected as the campaign reaches its half-way mark.

Sweet smell of success

The Mother's Day rose sale conducted in the hospital lobby a few days before the annual observance, swelled the coffers with a $720 profit and brightened several offices around the medical center.

Bake-offs

Challenge bake-offs between departments are underway in the "goodie" class. Oncology did a great job, selling more than $123 of delicious, homebaked pastries, but the Ninth Deck raced ahead with a $221 sale. Yet to be reported are profits from last Friday's Fifth Deck bake sale.

Raffles

CDR Stanley R. Bagbey of Nursing Service is still raffling off the "Ugly Sailor—Modern Navy Nurse" art work, with the lucky number to be drawn June 4.

Meanwhile, LT Faythe Weber and LCDR Margaret Burns are organizing another special raffle for the good of the cause. It looks like the prize in this drawing will be a free flight to Hawaii for some lucky active duty military person.

Photo Sale

The dramatic night color photo of the main hospital building, taken a couple of years ago with much preparation and patience by HM1 Garry Silk assisted by Herb Queller, may be purchased for $20 at the Information Desk in the main lobby. This beautiful print makes an excellent gift for a departing shipmate or a permanent reminder and souvenir for your own duty here. All proceeds go to Navy Relief.

Softball challenge

The annual Navy Relief Softball Game between the Medical Service Corps Officers and Chief Petty Officers of the command was played last Friday in the athletic field on base. Although our deadline prevents publishing results this issue, all signs pointed to a good contribution to the fund, regardless of which team won. Two dollars was donated by each of the players and the basket was passed among spectators.

Car Wash

Next Friday, June 4, at 2:30 p.m., Operating Management, assisted by personnel of the Sixth Deck and Military Manpower, will wash anyone's private vehicle for a donation to Navy Relief. The car wash will be held behind the Porthole, Bldg. 130.

Bedpan Run

And, of course another way to help the worthy cause and have some fun on your own is to enter the first Bedpan Fun Run, to begin at 8:30 a.m. on Saturday, June 5. If you haven't yet registered, you may still sign up for a $7 entry fee. The 3-mile and 5.3 mile flat and rolling course, including a steep, uphill grade, will begin and end by the Emergency Room/Outpatient entrance. All entrants will receive a T-shirt.

For those who prefer to give an outright cash or check donation, keypersons are still available throughout the medical center to receive your contribution.

Cultural workshops slated for military

Military rights and responsibilities and cultural workshops will be conducted in Room 3 of Bldg. 75A on June 1 for enlisted, and June 8 for officer personnel.

Personnel selected for these workshops must have six months to a year of duty remaining at NRMC Oakland.

The classes will begin at 7:45 a.m. each day and run approximately eight hours.

LCDR Douglas Love, Commander Coordinator for the Phase II Equal Opportunity Program, is in charge of the training.



HELPING HANDS—At a "battalion aid station" set up at Pier 39 in San Francisco on Armed Forces Day, Commander Valaine Pack and her team of Oak Knoll nurses and corpsmen work rapidly to stabilize a "patient" as a huge crowd looks on. (More Armed Forces Day photos, page 6).

EDITORIAL

Memorial Day May 31



For those who wonder why

I am an American—defender of freedom and guardian of the nation.

The service I render to my country is not only duty, but an honor and a privilege. Duty, as a citizen whose life holds responsibility for country in high regard. Honor, as an individual before God with respect for the ideals that make these United States a democracy. Privilege, for the ability to give, and fortunate enough to have been born in a land where my life, mind and ideals are my own.

To serve our country as a fighting man is a trust bestowed on me by the people. It is my hope for millions outside our borders who suffer under the rampage of tyranny, the absence of justice and freedom.

As an American fighting man, I find faith in my God and courage from those who have gone before me. My reason for service is a symbol for all men to see that the sacrifice of my fellow Americans was not in vain.

I make no claim to another's land or government but stand ready at the borders of freedom, not as an aggressor, but as a defender; and the nations of the world will know that "the pursuit of happiness" is more than spoken words, but a way of life.

The orders I receive are derived from the people and I am responsible to them.

LT. JOHN L. BANKS, III, USAF

The words above are an epitaph for their author who was a friend of Lieutenant Commander Thomas J. Tomzak, physician on the OB/GYN medical staff.

John Banks III was 24 years when the four-engine transport he was copiloting in South Viet crashed, taking his life.

The short essay entitled "I Am American" was written by Y Banks for an essay contest and between pages of a scrapbook th had entrusted to his best friend th before he was killed. The f returned the scrapbook to B father, a resident of Superior, Wi



Memorial Day Message From The Secretary Of Defense

There are certain times when the links between our past, present and future warrant recognition and clear focus. Memorial Day is such an occasion, a time set aside to bring brightly colored flowers and flags to the gravesides of our nation's honored dead. A day when the bugler's taps echo across our cities and towns and lonely country cemeteries. A day when we are all reminded that freedom is not bought cheaply. A time when we acknowledge the awesome price that a nation must be prepared to pay if it wishes to remain free. On this as other Memorial Days, we pause to honor those men and women in uniform who have given their lives so that we may enjoy and sustain that precious light of liberty. The link that this day has with tomorrow is our solemn pledge to future generations of Americans—that we too are ready to pay that price in defense of that cherished legacy. We owe tomorrow's Americans nothing less.

Navy Relief has genuine concern

Like so many of the truly good things in this life, a wealth of myth and mis tanding surrounds one of the greatest benefits available to naval personnel a families—the services of the Navy Relief Society.

Too many people are unaware of the variety of things Navy Relief can them. And once apprised of the society's resources, some are fearful of g Navy Relief for help.

One of the tragedies which occurs frequently is when a family is utterly s financially and simply cannot make ends meet. Because they feel they a proud" to go to Navy Relief, they will take out a large commercial loan and b with enormous monthly payments compounded by considerable interest c

This isn't saving face. This is folly!

"But how do I get a loan from Navy Relief;" one asks, "what do I do?" F go to the Navy Relief office at Naval Air Station Alameda and tell the receptio purpose of your visit. An interviewer will see you next and help you fill out (Yes, there is a form which has to be filled out so that Navy Relief can records straight.) If, after your financial situation is considered it is found cannot pay the society for the loan, you will be given the money outright. monthly payments are determined to be fair, you will be paying only for the of your loan—**not for inflated interest rates.**

Think of Navy Relief as a neighbor or family member to whom you woul time of need. The staff and volunteers are trained and considerate people. Th to see that you have the help you need. A Navy Relief volunteer would no home and discuss cases over the dinner table than would a bank clerk who t application for a car loan. It's business, pure and simple—except at Navy R **businesslike aspects are tempered with a genuine concern for your w**

OK, you say, we're making it and don't need money, so why do we n Relief? Lots of reasons. If the purse-strings are a bit tight during maternity, f ple, Navy Relief can furnish all or part of the beautiful layette, based on nee ing nurse can also help and advise when the mother and baby come hom

You can also shop at the Navy Relief Thrift Shop and get great bargains clothes and other miscellaneous items which are as good as new before the out for sale.

Just don't be bashful about going to Navy Relief for help. Like medical commissaries and exchanges, Navy Relief is one of the great benefits of m

If you're in a position not to need any of the services this great society o can volunteer to help and give your own time to make an already tre organization even better.

And... the once a year call for contributions ends at Naval Regiona Center Oakland next week. Your donation will be placed in reserve emergencies you, your shipmates, families or surviving dependents Remember, not one cent of any donation is used for overhead, op administrative costs. Navy Relief truly exemplifies the saying *"the Navy tak its own."*

Human relations council seeks more members

Volunteers are being sought to become members of the Human Relations Council, a committee which represents every member, civilian or military, assigned to this command.

Its purpose is basically four-fold: (1) To resolve tensions and conflicts; (2) To promote equal civilian employment; (3) To ensure equal opportunity and treatment of military personnel to the maximum extent practicable, and (4) To help establish lines of communication among all members of the command.

Those interested in serving on the council are encouraged to call either Weldon Miles at Ext. 2554, or Captain Rainer Schmidt at Ext. 2408.

NAVAL REGIONAL MEDICAL CENTER
OAKLAND, CALIFORNIA

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Civilian FEGLI

Do your records reflect your choice?

If you, as a civilian employee, have had a Designation of Beneficiary form on file for your $10,000 FEGLI optional insurance policy which simply names someone to receive your "optional insurance" and you have since signed up for the Additional Optional Insurance (multiples of from one to five times pay), that person named on your blue designation form may be entitled to the Additional Optional Insurance as well!

If this is not what you intended, you should submit a new designation, SF 1823, immediately. If you need a copy of a new designation form or if you wish to review the form you have on file, contact Civilian Personnel Service, Ext. 2116.

Employees are reminded that they do not have to file a designation of beneficiary form if they are satisfied with the order of precedence outlined in the FEGLI law. In the absence of a designation of beneficiary, the following order of payment applies: (1) widow or widower; (2) children (including descendents of deceased children); (3) parents; (4) executor or administrator of the estate; (5) next of kin.

(FEGLI Bulletin)

Tuition assistance funding reduced

Navy Tuition Assistance Funding has been reduced on 50 percent of course costs for all applications received on and after May 5. The reduction is due to a significant increase in requests for tuition assistance funds and increased tuition charges.

The 50 percent funding applies to all Navy members who apply for the program for the remainder of this fiscal year (through Sept. 30, 1982).

PACE examinations eliminated

The Office of Personnel Management has announced that the PACE examination has been abolished, and will be replaced with a new appointing authority. Donald J. Devine, OPM director, said greater emphasis will be placed on filling GS-5 and GS-7 professional and administrative career (PAC) positions through internal mobility and displaced employee programs.

The OPM action complies with terms of a consent decree entered by the U. S. District Court for the District of Columbia requiring that the federal government use a method of selection for PAC jobs which ensures that the percentage of blacks and Hispanics hired be proportional to the number seeking such positions.

The PACE hiring register is no longer available for appointment of individuals to professional and administrative career positions and the exam itself has been abolished.

Agency heads and personnel officials have been informed that most new PAC vacancies will now be filled through internal hiring, interagency transfer, and placement of individuals who have been displaced under reduction-in-force procedures. Internal hiring and transfers will benefit minorities, since they are represented in greater numbers in the federal workforce than in the general population. These methods will also serve the affirmative action goal of providing for upward mobility of minorities. Placement of employees displaced due to RIF will have a similar effect since RIF retention rules rely heavily on seniority and blacks and Hispanics (as well as women) generally have less seniority and are disproportionately represented among RIF'd employees.

While internal hires, interagency transfers and placement of displaced employees are expected to provide candidates for many PAC vacancies during the coming years due to planned cutbacks in the number of federal personnel, they cannot provide candidates for all PAC positions which must be filled.

In order to provide a means for outside hiring which will be necessary, Devine announced his intention to create new excepted service appointment authority under Schedule B to fill entry level PAC positions at the GS-5 and 7 levels. The new appointments will be allowed under the PAC Outstanding Scholar Program, the PAC Bilingual/Bicultural Program, the Federal Junior Fellowships Program, and other direct hire arrangements which may be negotiated between OPM and individual agencies.

These hires will be non-competitive appointments, although appointees will be eligible for promotion to competitive positions at higher grades. Promotion will be based either on an examination or a review of the employee's performance. PAC appointees who participate in a cooperative education program or the Federal Junior Fellowship Program will be converted to competitive status in accordance with the terms of those programs.

In addition, proposed regulations implementing the new hiring authority provide for basic civil service protection for those appointed under the new system. They would enjoy rights similar to those given competitive appointees in the areas of removal, suspension, reduction in grade or pay, furloughs and retention rights in reduction in force after completion of the normal trial period of one year from initial appointment.

Military air fare discounts cut

Eight airlines have announced that they have reduced the discount offered to active-duty military members from 50 percent of the standard coach-class fare to 33-1/2 percent, effective May 1. The airlines are Air Florida, American, Continental, Delta, Eastern, Pan Am, Texas International and United. A ninth carrier, Western Airlines, has announced that it will cut its discount to 25 percent June 1.

Many airlines still offer the 50 percent discount. Trans World Airlines (TWA) and USAIR have assured the Military Traffic Management Command (MTMC) that they will continue their programs at that level for the forseeable future.

According to MTMC, the discount reductions are part of an overall effort by the airlines involved to increase revenues. MTMC recommends checking with a Scheduled Airline Traffic Office (SATO), travel agent, or airline ticket office for the best travel rates.

MTMC will advise commands of additional changes to the discount fare program as they occur.



TEAM SPIRIT—When Nurse Corps Commander David Figgins was frocked earlier this month, a very special friend was present to offer congratulations—Mr. Franklin Mieuli, owner of the *Warriors,* Oakland's pro basketball team. Mr. Mieuli (holding the Sherlock Holmes type cap with which he has become identified) was a Lieutenant (junior grade) in the U. S. Navy during World War II. Commander Figgins' sister Shirley works for Mieuli but was unable to be present for the ceremony because of a dental appointment. The newly-frocked nurse is assigned to our NAS Alameda Branch Clinic.

Nursing supervisor job open

Applications will be accepted through June 4 by Civilian Personnel Service for a Supervisory Clinical Nurse, GS-10, in the Labor and Delivery Ward of this hospital.

The person selected for the job will work rotating shifts and some weekend duty may be required.

A full professional knowledge of the field of nursing is required.

The job entails directing the work of all military and civilian personnel assigned to the ward, interpreting doctor's orders, assigning health care consumers to subordinates, establishing and implementing a quality assurance program, and training of staff members.

Detailed information may be obtained from Christine Lessler, Ext. 2116.

Savings Bonds—something to think about

The annual U. S. Savings Bonds campaign will begin here next month and keypersons will be appointed in the near future.

In the meantime, here are some points to consider:

- Savings Bonds pay more interest than any bank or savings and loan pass book accounts or savings certificates, and there is never a penalty for early withdrawal.
- Bonds are not taxable by the state and are subject to federal tax only when cashed.
- With the current interest rate at 9 percent, bonds have a rate equivalent to at least 11 percent and as much as 20 percent, depending upon your tax bracket.
- If bonds are lost, destroyed or stolen, they can be replaced without charge and still carry the original issue date.
- Bonds help reduce inflation. The national debt relies on the sale of Treasury bills and savings bonds The more bonds sold, the less need to sell high interest T bills; consequently, less money goes out of the Treasury.
- Under the payroll deduction plan, as little as $6.75 per month may be withheld and your bonds are delivered automatically to you as they are purchased.

'Helping Hand' offer for drug abusers

"The vast majority of Navy people want to come aboard and get rid of drug abuse in the Navy. Traditional sources of counseling and leadership are available and ready to help," according to RADM Paul J. Mulloy, Director of the Navy's Human Resources Management Division.

He adds that "the signal is clear. The Navy means business. Those who traffic in or use drugs, and won't change their ways don't belong and won't be tolerated in our Navy. But at the same time, we will always extend the helping hand of counseling and treatment to shipmates by a Drug and Alcohol Program Advisor (DAPA) and collateral duty Drug and Alcohol Advisor (CODAA), members of the Medical Corps, and Chaplains.

CFC change—

(Cont'd from Page 1)

broadly representative of the community in which they operate. The CFC will remain decentralized, operating through local Federal Coordinating Committees. These committees, with both federal employee and citizen members, will determine which charitable agencies will be admitted to the campaign, subject to national eligibility criteria. They will also select the group which will serve as the Principal Combined Fund Organization. All major decisions will be made by the local Federal Coordinating Committees, subject to the approval of the Director of OPM.

Eleven officer therapists

Occupational therapy—'basket-weaving'



WORKING THE TOE—Sonar Technician Second Class Martin L. Jumper, who had his left big toe successfully transplanted to the stump where his thumb used to be in surgery here on Feb. 4, works with a leather punch and hammer to coordinate movement in the repaired hand.



RETURNING NORMAL FUNCTION—LT Clark explains to ICFN Richard Trader how doing fine needle and thread work will strengthen a hand muscle following tendon repair.

Occupational Therapists (OTs) are on the Navy's endangered species list.

In February 1980, the Bureau of Medicine and Surgery elected to phase out occupational therapy services in all but four major regional medical centers. At the same time it was decided to eliminate the remaining OTs by attrition. The Navy's portion of the PT/OT Tri-Service Technician School was also discontinued, although the Army and Air Force continue to educate their technicians.

OTs began their profession in the military. They were initially called "reconstruction aides" and considered "worth their weight in gold" by General John J. Pershing. They served the Armed Forces in field hospitals by providing a level of work tasks and arts and crafts to aid rehabilitation of injured limbs and to assist patients in diverting their otherwise painful hours while hospitalized.

Eventually OTs became the largest body of bio-medical professionals in the Navy, having a total of 27 clinics. This number was reduced to 12 after World War II due to a reduction in military strength.

In the early 1950s, the professional requirements for occupational therapy were upgraded. A 1953 Navy memo reported a critical situation in the procurement of certain qualified bio-medical specialists, including OTs. Nurses trained in the War Emergency Course for Occupational Therapy were given an option to become full-time occupational therapists.

In addition to registration requirements and degreed programs in occupational therapy, the OT theory base began to be questioned within the profession and several diverse interpretations of practice began to appear. This state of influx presented difficulties in both the areas of practice and in explaining the occupational therapy mission to physicians and health care administrators.

Early literature presented findings that although occupational therapists were capable of organizing excellent clinical programs, few elected to assume administrative leadership roles. Interviews with retired occupational therapists have borne this out. Significant leadership did not emerge from the ranks of OTs although the numbers of therapists were greater in proportion to that of other bio-medical specialties in earlier years.

The "Bolton Act" in 1956 allowed male OTs to become commissioned officers. Up until then, all commissioned occupational therapists, as well as physical therapists and dieticians, were women.

The number of commissioned Navy OTs engaged in clinical practice now stands at only 11.

For years, the "basket-weaver" syndrome was applied to occupational therapy programs. What most people don't recognize, however, is that in the past 30 years occupational therapy has advanced its scientific data base just like other health care professionals. Although the tools of the trade, i.e., work tasks, arts and crafts, rem basic to treatment, methodology application of these modalities h changed in order to reduce in-ho treatment time, and to coincide acute care medicine.

At present, the occupational ther clinic at Naval Regional Medical Ce Oakland is actively engaged in ar care psychiatry, alcohol rehabilita and hand-trauma rehabilitation ur the direction of Lieutenant Commar Osborne T. Watkins, Medical Ser Corps.

Occupational therapy also provi self-care evaluation and training neurosurgical patients and others varied disabilities.

In 1981 occupational therapy in civilian sector was cited as the lar growing profession. OTs are prese active in school systems, indu vocational centers, and in private p tice, as well as in hospital settings.

Will the Navy someday change mind and reinstitute this specialty, famous American general felt worth weight in gold? The many patie whose mental anguish have b relieved through occupational ther and the many more who have regai full function of their formerly usel hands through the modalities of service, would no doubt hear endorse such action.

By LT Nelson Cl

O. T. makes *DOING* possibl

(Editor's Note: LT Nelson Clark of NRMC Oakland's Occupational Therapy staff submitted the lead article on this page three or four weeks ago. Because of space limitations and the need to take photos to illustrate the story, it was not published in the last *Oak Leaf,* but held to run this issue. Coincidentally, and without collaboration between editors or OTs at either medical center, the *Courier,* NRMC Portsmouth's very fine monthly publication, used the same subject as its primary story in the May 10, 1982 edition. The Portsmouth story was written by the editor of the *Courier*—HM2 Donald E. Zboray II, who was himself introduced to the eastern Occupational Therapy Clinic as a patient 19 months ago. Ten months before coming to NRMC Portsmouth, Zboray was injured in an auto accident. He had brachial plexus and ulnar neuropraxia injuries to his right upper extremity, his dominent limb. He was treated by a civilian physical therapist for the loss of mobility and enervation in an attempt to retain him in the isolated duty billet he h in central North Carolina. Later, was transferred to Portsmouth a placed on limited duty. He w assigned to the OT Clinic as a st member and as an outpatient. learned to write with his left-ha and developed other fine and gr motor skills, effecting a success change in dominance. Through co-ordinated efforts of the thr major areas of treatment available the OT Clinic (hand therap orthotics and occupational ps chology) Zboray gradually regain his right-handed skills while follo ing a home program of self-h physical therapy to strength atrophied muscles. By May 198 HM2 Zboray was well on the way full recovery of the use of his rig hand. He was discharged as an o patient and given a new billet as t *Courier's* editor and photojournali With his permission, we repeat h story here to complement the o written by our own occupatio therapist.)

By HM2 Donald E. Zboray II

CDR Rob Zila, LCDR Jim Walker, LCDR Steve Faherty, HM2 Marie Burks, HM2 Brad French, HM3 Mitch Pierce, HM3 Rick Long, HN Julie Benton, and HN Janet Raven are very special members of the NRMC Portsmouth health care team. They are the Medical Service Corps officers, Physical Therapy-Occupational Therapy Technicians, and general duty Hospital Corpsmen who make "doing" the little and the great individual achievements in life possible. . . such as being able to hold a drinking glass, stand up straight, explore creative abilities, regain the use of an injured arm or leg, and finding a way to overcome a congenital disability.

They assist orthopedic surgeons to prevent physical disabilities following surgery. They straighten the spines of young adolescent women inflicted with scoliosis. They guide psychiat patients, through group projects a individual decision-making challe They support the efforts of alcoho to rehabilitate.

CDR Zila is a highly skilled ortho specialist. The work performed by Z and assisting corpsmen—splint a brace fitting and fabrication—reduc the operational expense the Na would face without their expertise. I report on the O. T. Clinic's ortho construction during February 19 only $1,100 was expended to prov 169 various splints and braces wh were fabricated in-house for patie referred by the Orthopedic Service.

The same services from civilian p viders would have cost the governm $12,687. All orthotics are custo made for NRMC Portsmouth patie Additionally, since they are produc

art--or significant patient therapy?

in-house, splints and braces can be put nto use by their patients in less time ecause the need for return visits for fitting is greatly reduced.

LCDR Faherty is a registered occupational therapist who specializes n hand therapy. In February, he supervised or personally gave treatments to 27 outpatients. He is also a member of the Orthopedic Service Hand Clinic eam, treating both outpatients and npatients with the surgeons before nd after surgery. The 327 outpatient isits in the O. T. Clinic would have ost the Navy approximately $8,502 if rovided through outside sources.

LCDR Jim Walker directs the cupational psychology mission of he O. T. Clinic which augments the patient care for patients of the Psychiatry and Alcohol Rehabilitation Services. Meeting these consultation eeds accounts for the clinic's largest umber of patient visits. In February, nore than 1,200 patients visited the). T. Clinic during group periods. Civian care for these patients would have ost $21,525.

Many more patients are seen by CDR Walker and the technicians dur- g relaxation therapy sessions which re held on the wards.

If February 1982 is considered as an verage month in terms of patient load 1,469), comparable civilian care from idewater practitioners would cost 42,674. That can be extrapolated nto an annual expense of $512,088 or services and materials.

Well, what does the O. T. Clinic cost? In addition to the $13,200 spent annually for orthotic materials, another $18,800 is expended for arts and crafts supplies and equipment and materials required for hand therapy patient care. Staff salaries approximate $175,000, annually.

Helping people to make "doing" possible at NRMC Portsmouth will cost about $207,000 in FY 82. Approximately $305,088 will be saved by the Navy because this region has an Occupational Therapy Clinic.

Hospital Corpsmen who hold the Physical Therapy-Occupational Therapy NEC (8446) are a vanishing breed in today's Navy Medical Department. The last P.T.-O.T. technician class graduated in February 1981.

The numbers of Medical Service Corps officers who specialize in occupational therapy are also being reduced through normal attrition.

While Navy occupational therapists and technicians are being phased out, the Navy will begin to replace services now provided by military personnel by CHAMPUSing O.T. patients out to civilian therapists. It may also begin recruitment of occupational therapists as civilian government employees.

The people who make "doing" possible at NRMC Portsmouth still take care of the Navy's own more frequently with each passing month. During March 1982, the O.T. Clinic staff set a new monthly record for patient visits by logging 2,000 patients.



TESTING—Mrs. Mary Russell, wife of a retired Army officer, has her grip tested by LT Nelson Clark in the patient's first visit to the Occupational Therapy Clinic.



WOODWORKING—FTM2 Antonio Gonzales puts the final touches on a little wooden house he built during visits to the Occupational Therapy Clinic. The hand and arm brace assists in strengthening fingers which had become atrophied.

Physician's Assistant praises military educational opportunity

"I feel that the military presents a nique opportunity to advance neself professionally, educationally nd) personally to individuals who pply themselves to looking for both e viable and not-so-obvious ways build a profession that can last em a lifetime—especially Hospital orps personnel."

The above statement, made recently y physician's assistant CWO3 Herb ohnson of the Concord Naval eapons Station Branch Clinic, is not a ollow phrase, for here is a former 17- ear-old high school dropout with no pparent prospects who now holds a achelor and a master's degree and is tting his sights on a doctorate.

Originally from Baltimore, Md., nnson joined the Navy 19 years ago. e served on the USS AULT (DD 698); National Naval Medical Center, ethesda; with the 9th and 12th arines in 3rd Mar Div., Republic of etnam; at Naval Air Station Fallon, v.; with the Inshore Undersea Warre Group One; aboard USS ILLUSIVE SO 448), and with the 4th Reconissance Battalion, 4th Mar. Div. He s been assigned to the Oakland edical region nearly five years and will on depart for new duty at the station spital, Whidbey Island, Wash.

CWO Johnson completed "A" and " Hospital Corps schools, the Field edical Service School, Search and escue School, Career Counselg School and Physician Assistant's hool in the Navy, also earning a GED gh school completion, a bachelor of ience in health care from the Univery of Nebraska College of Medicine, d a master's in clinical psychology om John F. Kennedy University in inda.

"Noteworthy is that the Director of alth Care in the region—CAPT W.W. dge, and LCDR Karl Schweinfurth, rmer) OIC of Concord Branch Clinic d Drs. (Lowell) Kallen and Lance Marn of Psychiatry all actively encouraged my education and dovetailed my training with the curriculum at John F. Kennedy University's graduate school of clinical psychology," he said. "As a result, I had probably the finest internship year possible, completely within the structure of the Oakland Naval Regional Medical Center. This is important because it demonstrates again and again the assistance I've received since I've been in the naval service from both my contemporaries and my superiors whenever I wanted to get ahead. The tremendous encouragement from my line officer supervisors in both the Navy and Marine Corps, (and) the Naval Medical and Medical Service Corps superiors has always been both verbal and in the form of personal assistance. Role-modeling by these people, and their positive attitude about their naval careers, has done much to keep me actively pursuing education along my career path. I owe the folks, too numerous to mention, a great deal when I look at my master's degree..."



CWO3 Herb Johnson

Kudos....

LETTERS OF COMMENDATION

LCDR Peggy Coffman, NC (from CO, NRMC San Diego)
LT Mark Nowicki, NC
HM2 Victor Lopez

LETTERS OF APPRECIATION

HM2 Candace Mullet
Ms. Michelle Willis,R.N.
HM2 James Anson
HM2 Stephen Williams
PC2 Joe Cunningham

PROMOTIONS TO LTJG

Nurse Corps officers Susan Camus, Rebecca Dadamio and Linda Oles

FROCKING

CDR David Figgins, NC

REENLISTMENT

MM1 Anthony Palmeno

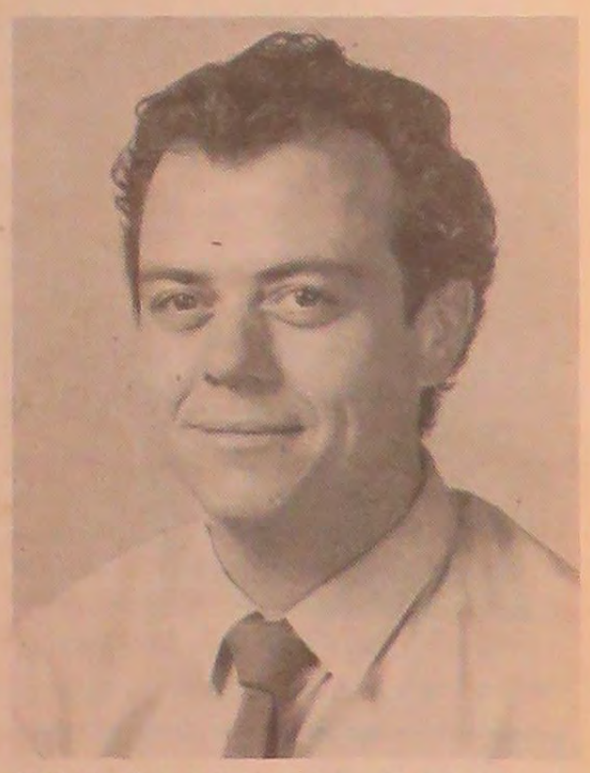
GOOD CONDUCT AWARD

HM2 Candace Mullet

ADM Long extended

President Reagan has approved the extension of ADM Robert L. Long as Commander in Chief, Pacific, until July 1, 1983.

This is ADM Long's second extension as Commander of all U. S. Forces in the Pacific Area.



NEW TO OAK KNOLL—Patrick Heaphy is a recent transfer to Naval Regional Medical Center Oakland's Public Affairs Office from the Chaplain's Office at Presidio of San Francisco. Pat originally comes from upstate New York and holds a bachelor of science from St. Francis College in Brooklyn. He assists the PAO and Oak Leaf Editor in typing, research, coordination and administrative details, and also escorts visitors.

NRMC Oakland in public spotlight for AFD

Thanks to an excellent volunteer response, Naval Regional Medical Center Oakland's participation in Armed Forces Day activities in San Francisco May 14-15, was well-attended and appreciated.

Displays and demonstrations featured the Prosthetics Laboratory, cardio-pulmonary resuscitation and Heimlich maneuver, and free blood pressure checks for visitors.

In addition, a triage scenario was exceptionally well-coordinated. A small boat in the bay shot blank ammo at a military subject on the pier. The "patient" shouted for corpsmen, four of whom responded, running 50 ft. with a stretcher. The "patient" was put into the crackerbox ambulance and the siren sounded for three seconds. A medical officer then examined the victim and sent him to a Battalion Aid Station where nurses and corpsmen went to work, using supplies borrowed from Staff Education and Training.

LTJG Joel Libby was the medical center's project officer. Those working both days on the event were HM2 Thomas Boman, ENS Kaki Douglass, HM3 Carrie Findley and HM2 Pat Jones.

Also at the displays on Friday were LCDR Mark Dawson, LT JoAnn Fritch, Mr. Andre Gilmore, HA Phillip Herman, HN Michael Maloney and HM2 William Threet, while Saturday's shift included HN Robert Arrowsmith, HM3 Allen Boatman, ENS Mark Boman, HM3 Steven Butler, LT Maureen Clary, HN Sparkle Duhe, OS1 Randy Franks, LCDR Louise George, LCDR Greg Gibbons, LT Lisa Halton, Mr. Phil Harkov, LCDR Daniel Lancaster, HM2 Larry Marchionda, HN Greg Marlatt, CDR Valaine Pack, HM3 Duanne Rudd, HM3 Brian Webb and HM3 Joel Welter.



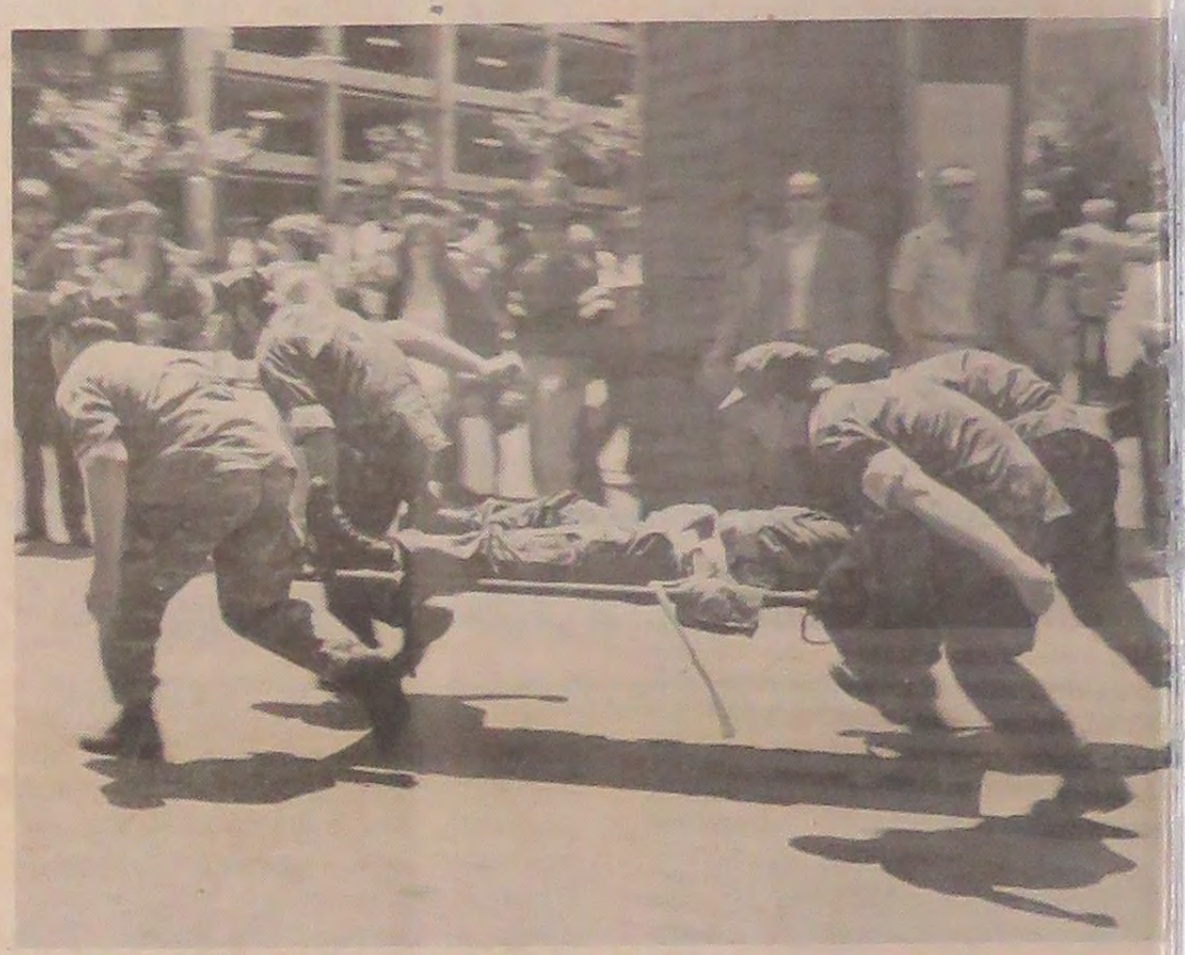
WOUNDED—Ensign Mark Boman, complete with realistic moulage, plays the role of a "gut-shot" victim as Hospitalman Robert Arrowsmith (with bull horn) narrates the scenario.



BP CHECK—HM3 Brian Webb of the medical center takes the blood pressure of one of the visitors to our exhibit.



CPR—Using a dummy, HM2 Pat Jones shows the public the technique of diopulmonary resuscitation while HM3 Carrie Findley waits her turn demonstrate the method on an infant model.



ON THE DOUBLE—With the injured "patient" now on the litter, corpsm make a sprint to the waiting ambulance.



CHOKING—HM2 Pat Jones and HM3 Carrie Findley demonstrate the first step in the Heimlich maneuver to interested spectators.



FOR AMPUTEES—Phil Harkov (dark jacket) explains the manufacture and ting of prosthetic limbs for amputees.

CNO says:

WASHINGTON (NES)..."Drug abuse is destructive to our efforts to instill pride and promote professionalism. It is costly in terms of lost man-hours, unnecessary administrative and judicial processing and a critical drawdown on morale and esprit de corps. It is not just the abuser who is affected, but the abuser's shipmates as well."

VA aid offered nursing students

The Veterans Administration has launched a $4 million scholarship program in an effort to ensure sufficient nursing staff in its health care facilities.

Scholarships will go to about 3 qualified nursing students. The schol ships will provide educational bene on a pay-back-in-service basis.

First impression: 'spirit of hope'

By Father Joe Ferraro
CDR, CHC, USN

Quite a change from Naples, Italy to NRMC Oakland!

I am still confused as to locations of wards, names, terminology; however, I am t confused about the spirit of hope I have seen in the eyes of very ill patients and in concern and care of hospital personnel. In my early reflections on the first week Oak Knoll I have come to understand hope as the changing of one letter: *cure* to e. In other words, hope is something that can and must be fostered and spon- ed; hope is learning to live in the balance, in the tension between the elements of h versus all the needs, pain and loneliness that serious illness entails.

In just one week I have seen that sharing in the pain of the patient can help alleviit. One first lesson came from a very young nurse on the 9th floor: "There's hing wrong with crying with someone. . . they see you as another human being 1 not just a nurse. . .'

A hopeful beginning! May God grant all of us a beautiful spirit of hope and a ngness to share.



BEE AND M. D. —Seabee Lieutenant Douglas McVicar, officer in charge of NAS Alameda Construction Battalion Unit, assists Rear Admiral Walter M. ergan, *NRMC Oakland commanding officer, in officially opening an 11-unit* sing wing for bachelor chief petty officers at Oak Knoll.The 40-man Seabee supervised the renovation. They have also recently completed a chapel at cord Naval Weapons Station and a new child care center at NAS Alameda



OLE'—Maria Garcia, a student aid in Transportation, is also a Mexican folk dancer. She and her partner, Arthur Sorisio, performed at a Cinco de Mayo celebration at Grant High School where she is a junior. The pretty miss has been employed part-time at Oak Knoll since March.



MOTHER'S DAY GIFTS—Minerva Mattingly, who gave birth to the first child born at Oak Knoll on Mother's Day, was the recipient of a full layette for her new baby, courtesy of the Ladies Auxiliary, Unit 10, Fleet Reserve Association. Presenting a basketful of practical and pretty items, many homemade, were Fran Barker (center), historian and chaplain for the unit, and Mary Paternoster, hospital chairperson. The first baby was a boy, weighing in at seven pounds and arriving at 3:08 a.m., May 9. The child is the second for Aviation Structural Mechanic Seaman Third Class Guy Mattingly of Moffett Field and his wife Minerva.

Criscitiello retires from Navy to begin new civilian career

Today is the last day at Naval Regional Medical Center, Oakland, for retiring Lieutenant Commander Joseph J. Criscitiello, who has served here for about nine months as Chief of Operating Management Service.

The Medical Service Corps officer, completing more than 24 years in the Navy, will continue in the medical administration field in private industry and also heads his own firm, "Cris Consultants," a management consulting business. His wife, Nurse Corps Lieutenant Commander Peggy Criscitiello, will remain on the medical center staff here where she is the director of the Intensive Care Unit.

Lieutenant Michael Lawson, who once before served in the same position, will become the acting Chief of Operating Management until a permanent replacement arrives in the fall.

LCDR Criscitiello was assigned to Naval Regional Medical Center Oakland following a position as Commanding Officer of the Third Medical Battalion, 3rd FSSG, Okinawa, Japan.

Other billets during his long service include duty with Submarine Force, U. S. Atlantic Fleet; Commanding Officer, Naval Experimental Diving Unit, and aboard the submarines USS TRUTTA (SS-421), TENCH (SS-417), COBBER (SS-344), PICUDA (SS-382) and NATHANIEL GREENE (SSBN-636).

He holds the Navy Good Conduct Award, a Meritorious Unit Commendation, the National Defense Service Medal, Sea Service Deployment Ribbon with three bronze stars, and the Expert Pistol Medal with silver "E" clasp.

In his assignment here, he directed the functions of the Fire Department,



LCDR J. J. Criscitiello

Bachelor Enlisted Quarters, correspondence management, postal, telephone, teletype, housekeeping, laundry, security and transportation.

The Criscitiellos will continue to make their home in Pittsburg.

BIRTHS

The following new additions to the military medical/dental "family" have arrived at Naval Regional Medical Center, Oakland:

A baby boy to HM1 Kurt M. Bockoven, BuMed EOPS, and his wife Trudy, May 6.

A baby girl to LT John R. Hannig, OB/GYN Clinic staff, and his wife Nancy, May 11.

A baby boy to HN Randall E. Stovall, Pharmacy, and his wife Debra, May 18.

A baby boy to CDR Stephen J. Ancowitz, Dental Clinic, Treasure Island, and his wife Wendy, May 18.

A baby boy to LT Frank W. Hall, Pathology, and his wife Christina, May 18.



BEYOND THE CALL—Captain Jan Emal, Chief of Nursing Service, pitches a low ball to the batter during a May 14 softball game that matched the senior nurses against the juniors. The seniors won 20-19, but our spies tell us it was probably because the seniors instantly "commissioned" some of the best players at the medical center to join their team. It was all part of the fun celebrating the 74th Anniversary of the Navy Nurse Corps. A party followed that evening in the Oak Knoll Officers' Club.

Pistol meet set at NAS Alameda

Central Pacific Regional Pistol Championships will be held at Naval Air Station Alameda on June 12 at 8 a.m. All commands in the region have been invited to participate and entries must be submitted prior to June 7.

One team may be entered from each command (four members and two alternates). The team match will consist of firing once over the National Course by each four-man team using .45 calibre pistols.

The individual match will consist of firing two times over the same course. Naval Reservists on inactive duty, Fleet Reserve and retired Naval personnel are allowed to fire in individual matches.

Call Ron Brown at Ext. 2350 for further information.

Musicians needed

If you are a musician and wish to use your talents in a fun and meaningful way—here is your chance. CDR Reed Adams, USCG, Ret., coordinator of a concert band, is looking for volunteers who can play musical instruments.

You must be able to practice on Wednesday nights in Oakland. Rides to the practice may be available, depending on where you live.

The monthly concerts are for non-profit organizations such as retirement homes. For further information call CDR Adams at 538-8787 or 462-9089.



'SLIDE!!!'—An unidentified junior nurse tries to reach base as LCDR Essie Mae Rucker, first baseman for the senior team, stretches to catch the ball.

PA lauded for supporting military basketball champs

CWO2 Richard Weaver, physician's assistant at the Mare Island Naval Support Activity Branch Clinic, has been commended for his role as team trainer for the Men's All Navy and U. S. Armed Forces Basketball teams from Jan. 18 through April 23, 1982.

In a letter to Rear Admiral Walter M. Lonergan, medical region commanding officer, Mr. W. R. Carey, head coach of both teams, said Weaver "gave unselfishly of his time and professional assistance and displayed tremendous enthusiasm and effort whenever he was asked. He was in attendance for most of the games and always made himself available to assist in any way possible."

Carey continued, "Mr. Weaver's expertise and diplomatic, cheerful approach to sports medicine techniques were in a word, outstanding, and enhanced the image of the United States Navy and Armed Forces beyond expectations."

Mr. Carey is Director of Special Services at Mare Island. His military team went on to win the 1982 United States Amateur Basketball National Championship.

U. S. Government Printing Office
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June 5, 6

'Wild West Days' at TI

Naval Base Treasure Island will once again sponsor "Wild West Days." The fun starts Saturday, June 5, 10 a.m. to 10 p.m. and again on Sunday, June 6, 10 a.m. to 6 p.m. Treasure Island will be the place and western wear will be the dress.

Among the entertainment planned: Pony Rides, The Port City Jazz Bank, Concorde Stagecoach Ride, Ashley Puppets, the Famous "Fall Guys," Universal Western Stuntmen, Barnaby (the juggler), Wackie Willie (the clown), a mechanical bull, and Yosemite Sam. Bertie Higgins of Key Largo fame wil in concert on Saturday along with t Silver Moon Band. There will be t shows on Saturday at 6:30 and 9 p.m. Tickets are $8 and are availa through all Bass outlets.

The general public is invited. To to T. I. take the Treasure Island exit the Bay Bridge. Personnel at the m gate will direct you to parking and t entertainment area.

For further information call t Special Services Department at 7 5088.

'Wet 'n Wild' tour slated

By Sally Young

On Saturday, Aug. 14, *Adventours: Wet and Wild* will take us down the American River from Chili Bar to Pt. Pleasant Beach where we'll have a picnic.

This is the ideal trip for beginners or intermediate river rafters. You have the option (at the guide's discretion) to just hang on and let the expert oarsman take you down the river, or actively participate by paddling the boat in response to the guide's commands—providing power with six other brave souls in an exhilarating slalom over rapids and through foaming channels.

When you are through with a day on the river you will have a great feeling of accomplishment and will be as refreshed as if you had been away for a week.

Before embarking on this adventure, the guides will teach you how to paddle and control your boat. Be prepared to be wet all day—if not from the spray and wild waves, from the water figh in between rapids.

Remember, this is not for the faint heart! It is recommended that all p ticipants know how to swim, especi since it is not unusual for rafters to up out of their boats, floating down river.

Space on this trip is limited and reservations must be in by July The trip price is $72 per person. T may seem high for a day trip; howev it covers bus transportation to the r and back, instruction by expert gui (a guide will be assigned each bo rental of rafts and personnel flotat devices (life jackets), and food drink for the picnic that follows.

For additional information, call m 639-2479. Join us for a day you w forget!

Sailing event slated

Naval Station Treasure Island will host the Central Pacific Regional Sailing Championships on June 12-13, 1982 beginning at 10:30 a.m. A skipper meeting will be held at 9 a.m., June 12 at the Harbor Master's office, Naval Station, TI.

All Navy, Coast Guard, and Marine Corps personnel on active duty for more than 90 days are eligible. The boats will be Rhodes 19 Class Sloops with spinnakers and the crew will consist of a skipper and two crew members.

One entry is permitted from each base. Call Ron Brown at Ext. 2350 for further information.

Tennis finals underway here

An open tennis tournament beg here Monday. The top four players the tournament will qualify for upcoming Central Pacific Regio Tennis Championship which will a be held at NRMCO, June 7-11.

The 1982 Women's Divis Central Pacific Regional Champions will follow on Oak Knoll Courts J 14-17. Also the Junior Veteran D sion (age limit is 35-44) and Se Division (age limit 45 years and o will be held the same weekend her NRMCO.

Interested personnel should con Tournament Director Ron Brown at 2350.

MOVIES

Friday, May 28, 6:30 p.m.—THE STUNTMAN—Peter O'Toole, S Railsback—Action/R

Saturday, May 29, 1 p.m.—THE BLACK HOLE—Maximillian Schell, Ant Perkins—Sci-Fi/PG

Saturday, May 29, 6:30 p.m.—SCARED TO DEATH—John Stinson, D Davidson—Horror/R

Sunday, May 30, 6:30 p.m.—SPELLBOUND—Ingrid Bergman, Gregory Pe Drama/PG

Monday, May 31—HOLIDAY—NO MOVIE TODAY

Tuesday, June 1, 6:30 p.m.—NIGHT CROSSING—John Hurt, Jane Alexan Suspense/PG

Wednesday, June 2, 6:30 p.m.—THE GREAT ALLIGATOR—Barbara Claudio Cassinelli—Horror/R

Thursday, June 3, 6:30 p.m.—THE PURSUIT OF D. B. COOPER—Robert D Treat William—Comedy/PG

Friday, June 4, 6:30 p.m.—BRUBAKER—Robert Redford, Yaphet Ko Drama/R

Saturday, June 5, 1 p.m.—LADY AND THE TRAMP—Animation—G

Saturday, June 5, 6:30 p.m.—TERROR TRAIN, Jamie Lee Curtis, Johnson—Horror/R

Sunday, June 6, 6:30 p.m.—THE BIG SHOW—Gene Autry, Smiley Burne Western/G

Monday, June 7, 6:30 p.m.—PROM NIGHT—Leslie Nielsen, Jamie Lee C Horror/R

Tuesday, June 8, 6:30 p.m.—SO FINE—Ryan O'Neal, Jack Warden—Com

Wednesday, June 9, 6:30 p.m.—SUPER FUZZ—Ernest Borgnine, Terence Action/PG

Thursday, June 10, 6:30 p.m.—GHOST STORY—Fred Astaire, Melvyn D las—Horror/R

Vol. 44, No. 11

the Oak Leaf

NAVAL REGIONAL MEDICAL CENTER. OAKLAND. CALIFORNIA.

Friday, June 11, 1982

Asian-Pacific Heritage

Philippine Consul General guest speaker on Tuesday

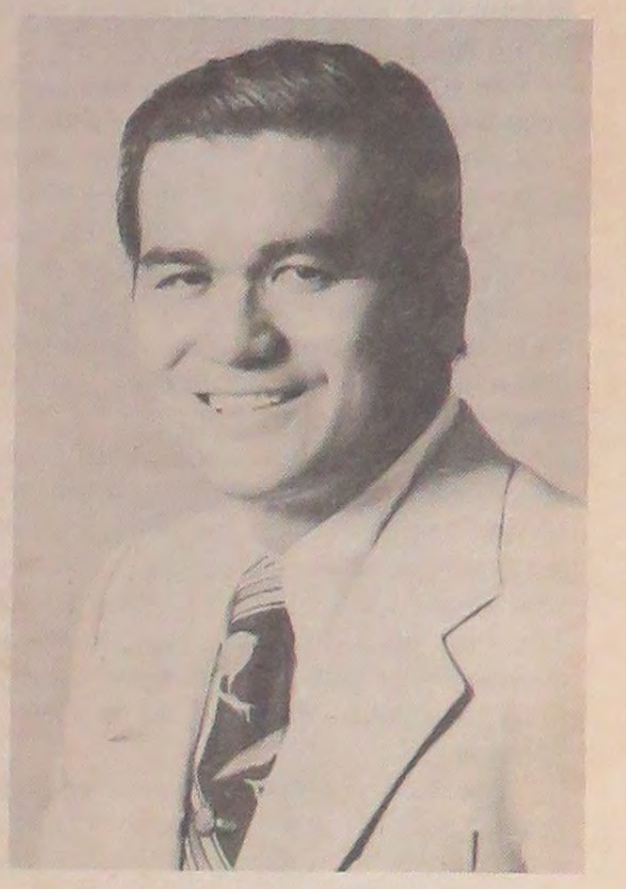
The Honorable Romeo A. Arguelles, Consul General of the Republic of the Philippines in San Francisco, will be the guest speaker during an Asian-Pacific Heritage Observance, Tuesday, June 15, at 2 p.m. in the medical center's Clinical Assembly.

A career foreign service officer, Mr. Arguelles served for several years as the First Secretary in the Philippine Embassy in Washington, D.C. before his assignment to the Philippine Consulate in San Francisco. He also worked as Commercial Attache of the Philippines in Tokyo, Japan, for five years and was the Deputy Commissioner General of the Philippine participation in the World Exposition in Osaka, Japan in 1970.

He is the recipient of several honors and awards. Among them, the prestigious Cultural Heritage Award of the Republic of the Philippines. He has attended about 15 international conferences as a member of the Philippine delegation which took him to Tokyo, Santiago, and Geneva and other foreign areas.

Mr. Arguelles is a lawyer and member of the Philippine Bar. He graduated with the degrees of bachelor of laws and bachelor of arts from the University of the Philippines, a state-owned educational institution. He undertook graduate studies in international marketing at the Harvard University Graduate School of Business Administration in Cambridge, Mass. He also completed his master's in public and international affairs at the University of Pittsburgh and took graduate courses in international relations at John Hopkins University, Washington, D.C.

He is married to the former Azucena Lagumbay, a doctor of medicine. The couple has three children.



Consul General R.A. Arguelles

Navy nurse retires today

"Today I do not wish to think about the past. It is time to close the nursing career chapter in my life," says retiring Commander Bernadine L. Shaffer, adding, **"I feel like Jonathan Livingston Seagull! I don't know if the world is ready for me, but I am ready for it. I have a lot of things to do."**

The Nursing Education Coordinator for Naval Regional Medical Center Oakland is being honored with a retirement ceremony in the Clinical Assembly at 11 a.m. today after more than 20 years' duty as a Navy nurse.

A graduate of Washington State University, she earned her bachelor of science in nursing from St. Luke's School of Nursing in Spokane. Her Navy billets in addition to the three years she has spent at Oakland include Naval Regional Medical Centers San Diego, Long Beach, Camp Lejeune and Philadelphia, at Corps School in Great Lakes, Ill., and at Rota, Spain.

Her future plans include returning to her home state of Washington, attending modeling and photography classes and eventually working toward another college degree.

A reception in her honor will be held at the Casa de la Vista on Treasure Island tonight.



CDR Bernadine Shaffer

Mardi Gras theme

Hospital Corps birthday to be celebrated June 18

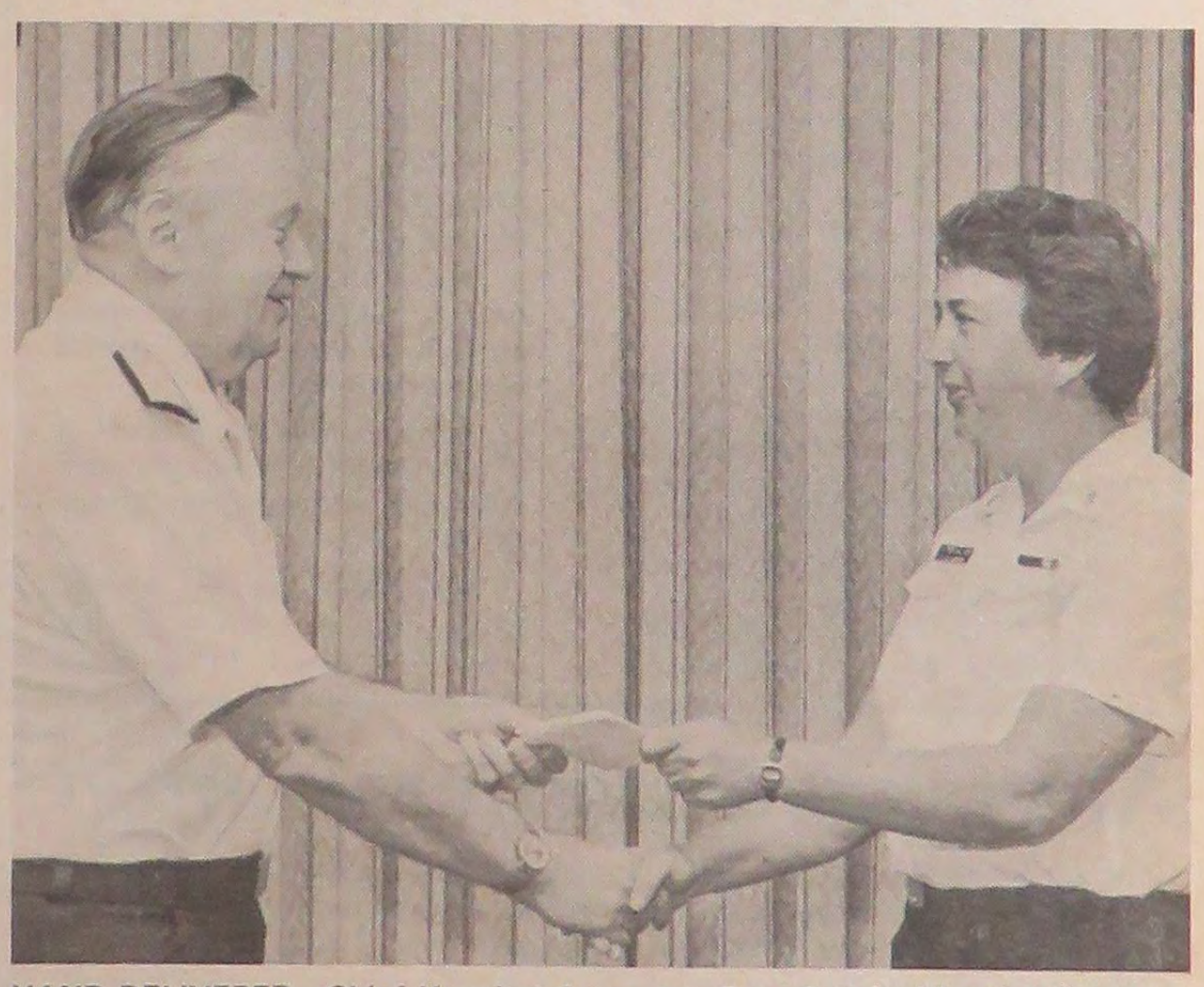
"Come to the Mardi Gras" has been selected as theme of the June 18 party at the Officers' Club at Oak Knoll, where NRMC Oakland Hospital Corpsmen and those from branch clinics will gather to celebrate the corps' 84th Birthday.

Festivities will begin at 6 p.m. with a buffet dinner with wine, which will be served until 7:45 p.m. Following ceremonies will include guest speakers and the traditional cutting of the birthday cake by the oldest and youngest corpsmen on board.

Music for dancing will be provided in the main ballroom by the Navy Band Combo from Treasure Island, while there will be disco with Bucky Buckholtz in the Galleon Room downstairs.

Tickets are now on sale from committee members, or by contacting HM2 Cleda Houmes in Nuclear Medicine. They will sell for $5 each until June 14; $6.50 thereafter and at the door. Dress will be Service Dress Blue or semi-formal.

The ball promises to be a gala affair, so plan to buy tickets early and celebrate the birthday of one of the most prestigious corps in the United States Navy. *"Come to Mardi Gras."*



HAND-DELIVERED—Chief Hospital Corpsman Rose Percival hand-delivers an invitation to the Hospital Corps Ball to Rear Admiral Walter M. Lonergan, Commanding Officer, who early in his career, was also a corpsman. The 84th Birthday of the corps will be celebrated here June 18 with a dinner dance in the Officers' Club on base. Tickets are on sale for $5 per person until June 14; $6.50 thereafter and at the door.

M1 Whitehead selected SOM

Hospital Corpsman First Class Chris Whitehead, Physical Therapy/Occupational Therapy Technician, has been selected as Naval Regional Medical Center Oakland's Sailor of the Month for May.

Petty Officer Whitehead was cited for professional excellence and ability to assume varied roles, as well as continued outstanding performance as a technician.

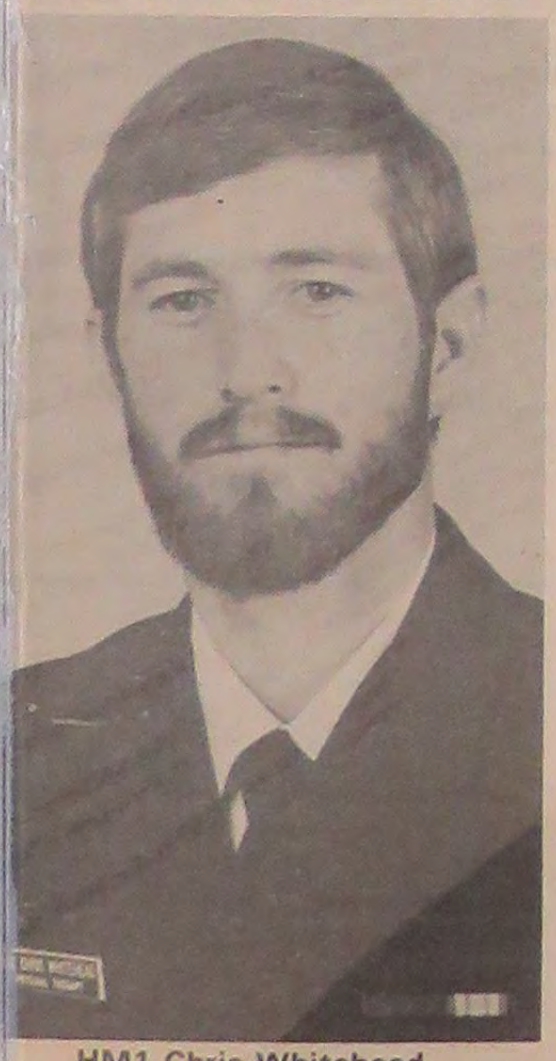
He has been directly responsible for the efficient operation of a highly complex research program on knee arthroscopy, his superiors said. Whitehead was also cited for maintaining the high standards of the total joint replacement and amputee rehabilitation programs.

He also serves as preceptor for students from local colleges and universities and as instructor for the Phase II Physical Therapy Technician School.

Naval Regional Medical Center has been home for this outstanding corpsman and his wife Karen and daughter Melissa since November 1979. Whitehead has seven years of service and was formerly assigned to USS BRYCE CANYON (AD-36), homeported at Pearl Harbor, Hawaii.

Petty Officer Whitehead, originally from Fresno, Calif., has a general education associate of arts degree and is presently working on a bachelor degree in health science. As for career goals, he said, "I plan to get out of the Navy next year, get my degree in physical therapy, and then return to the Navy as a Medical Service Corps officer." Speaking of his selection as Sailor of the Month, he added, "it lets me know that my superiors appreciate my work. It makes me feel good."

In off-duty time he enjoys basketball and tennis and has played on the MSC Intramural Softball Team.



HM1 Chris Whitehead

EDITORIAL

Navy Affirmative Action Plan revised; to spur Hispanic recruitment, retention

Chief of Naval Operations Admiral Thomas B. Hayward recently announced major steps to update deficiencies in the Navy's Affirmative Action Plan. The 1982 NAAP is a set of 64 objectives, subdivided into 258 action steps designed to address conditions that impede, curtail, inhibit or preclude the achievement of equal opportunity in the Navy.

The cost of the Navy's revised plan is estimated at $5.4 million annually and is scheduled to fulfill its objectives by Sept. 30, 1986.

According to Admiral Hayward, one of NAAP's primary efforts is to stimulate lagging recruitment and retention of Hispanic people.

"The demographic trends of the country show a growing proportion of Hispanic people," he said,"and we have to raise our composition goals accordingly."

Admiral Hayward emphasized that equal opportunity in the Navy is not merely reflective of a federal legal requirement but is predicated on the real needs of the Navy to attract capable people and to develop fully the capabilities of the service members already on board.

The revised plan also details efforts to increase the percentage of Afro-Americans and other minority people. It also provides for remedial action in the areas of recruiting, training, education and manpower management and includes new actions to improve career opportunities for women in the Navy by expanding shipboard assignments and adapting eligibility requirements for major sea commands. The changes in the plan also address areas in which the incompatibilities with the civilian Equal Employment Opportunity Program and the military Equal Opportunity Program may be changed so they are more compatible, fostering the single-team concept.

"The Navy has sponsored mandatory affirmative action programs for the past 10 years," said Admiral Hayward. "These were designed to be temporary steps on the way toward institutionalizing equal opportunity in the Navy. Many of the actions prescribed in the earlier plans have achieved their objectives and are no longer needed. Others require continued effort, while new initiatives have been introduced in the 1982 plan to further improve our equal opportunity performance."

Accordingly, Admiral Hayward said, "equal opportunity thrives when each of us demonstrates our commitment to it through personal example. Equal opportunity will prevail in the Navy not just because it is part of our military professionalism and discipline but because it is right. A good leader acknowledges cultural differe but treats all people without discrimination because of race, color, creed, se national origin. Therefore, I expect each member of the Navy to work for e opportunity, which will provide the quality of life and enhance our abilit accomplish our mission." (NES)

Our patients write. . .

I am writing this letter on behalf of my wife and myself to express our sincere grateful appreciation of the care and treatment of my wife and new baby daug during their recent stay at your hospital. The personal attention that they rece was outstanding. The warm atmosphere generated by the nurses was a definit in my wife's recuperation. . .

I would like to also take this opportunity to extend our appreciation to all surgeons and other doctors who treated my wife. . . We shall never forget ev one's kindess.

Richard P. G
SSGT. USMC

• • •

This letter is being written to express my appreciation for the outstanding med attention received from Mr. Oliver Johnson, Hematology. It is such a human fai not to say thank-you. For about two years Mr. Oliver Johnson has taken blood given me various tests while I have been a . . . patient at the NRMC, Oakland.

As far as I have been concerned, Mr. Oliver Johnson has performed his duties v utmost care. He has done an outstanding job. He has always been cheerful no ma the circumstances.

Again I wish to say thank you for the excellent personnel you have on the staf the NRMC.

James W. Carleso
LCDR, SC, USN (R

• • •

During my recent hospitalization at NRMC Oakland from 5 April thru 1 M 1982. . ., I had the pleasure of being acquainted with one of the finest hospital sta since my naval career started in 1970.

Captain R. A. Pratt of the Neurosurgery Service and his staff of 8 South sho be commended for their high level quality health care. Being a dental technician, I understand the importance of a good patient, doctor and staff relationship. The p sonal care and attention I received from Dr. Pratt and his staff is in keeping with highest naval traditions. I am proud to say that I am part of that same Navy. I sal you.

My family and I would like to take this opportunity in thanking Dr. Pratt and staff for a job well done. Thank you and God bless you all.

Gary Stephenson, DT1
Branch Dental Clinic, Lemo

• • •

This is a letter to the fine wonderful people in E.R.and in the hospital, and to facilities I have used.

I came in E.R.. . . on the 29th of March. . . I was put on 8N for a few days and t transferred to 6W. I have never received such good care as I did while at Oak Kno have been in many civilian hospitals and have six major surgeries to my name a not one doctor really found out my problem. . . Dr. Hyder and Dr. Dickey and Dr. Ho have been so very nice and understanding. I have to say my stay at the hospital w a very pleasing experience.

The nurses on 6W—were so very, very nice. Especially a nurse named Debor She worked days and the p.m. shift. Susan, who is an Ensign was very nice, also, a Bob (whom had something done to his foot) and Mrs. Caldwell, a civilian, and course, I shall never forget Linda—she was on graveyard when I came in.

While in the hospital, one day in the solarium, I read the paper *Oak Leaf*. It w very, very interesting, and it's really a joy to read the good news of everyone in t Navy.

My stay at Oak Knoll was good memories of everyone. . . especially Dr. Hyder. I still seeing him and having tests done and you just do not know what it means t to have someone check me out thoroughly. It seems everything at Oak Knoll is so smooth and efficient.

This is just a letter from one of many hundreds that go thru Oak Knoll say "Thanks to Everyone."

Mrs. Mary L. Jon
Concord



Flag Day June 14

Fly **your** flag proudly:

- It has given heart and hope and strength to Americans ever since this nation was born.
- It has flown in times of trouble and times of triumph as a symbol of America's unquenchable ideals, ever since those ideals were first proclaimed.
- "The flag", said Woodrow Wilson a half century ago, "is the embodiment, not of sentiment, but of a history, and no man can rightly serve under that flag who has not caught some of the meaning of that history."
- It flies today as a sign that Americans, proud of their country's stirring heritage, are determined to carry the American dream forward.
- When we fly the flag each day, we salute the blessings we enjoy in this great country.
- We affirm our belief that only as each one of us gives strength to America can America give strength to us.
- We express our support of the American credo: one nation indivisible, with liberty and justice for all.
- Let us fly this flag proudly, to show that we know what a privilege it is to be an American.

Newspaper carrier wanted

Bowman Fawcett, son of Commander and Mrs. William A. Fawcett, and carrier of *Oak Leaf* to one of the officers family quarters areas on base, will be moving soon and unable to deliver the newspaper any longer.

We thank Bowman for all of his faithful volunteer service and wish him well in his new community.

Any other civic-minded boy or girl who would like to deliver the paper once every two weeks to neighbor families in that housing area (Barcelona, etc.), is requested to contact the Oak Leaf office, third deck, Bldg. 500, or call 639-2113.

No pay is possible, but we'll give you our warm thanks and pubish your photo in the paper.

NAVAL REGIONAL MEDICAL CENTER
OAKLAND, CALIFORNIA

RADM W.M. Lonergan, MC, USN, Commanding Officer

CAPT Joseph P. Smyth, MC, USN, Director of Clinical Services

CDR Frank D. Fisher, MSC, USN, Director of Administrative Services

Editor: Betty Beck

Clerk: Pat Heaphy

Photography: HM1 Garry Silk
HM2 Larry Marchionoa

THE OAK LEAF is published biweekly on Friday, produced commercially with appropriated funds in compliance with NNPR P-35, Rev. Jan 1974. Deadline for copy is Wednesday noon of the week prior to publication.

Opinions contained herein are not official expressions of the Department of the Navy. THE OAK LEAF receives American Forces Press Service and Navy News material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627

To strengthen communications

Civilian Personnel Advisory Board established



Jeanette Morgan

A new advisory board has been established at Naval Regional Medical Center Oakland to present recommendations to the Commanding Officer in an effort to establish inter-relationships within the departments, and to establish an open line of communication between management and civilian employees.

Designated the Commanding Officer's Civilian Personnel Advisory Board, 15 to 20 representatives will meet monthly until well established, and then confer with the Commanding Officer every six to eight weeks thereafter.

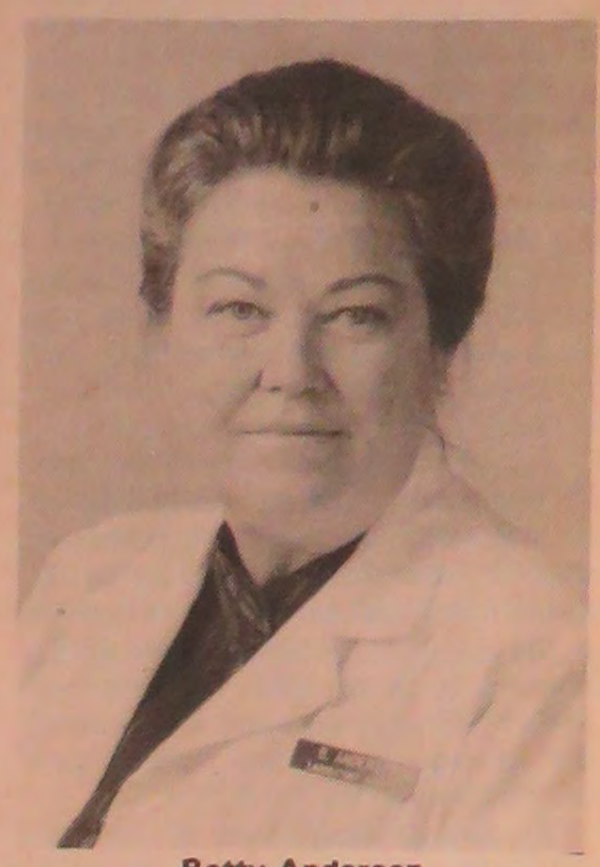
A screening committee comprised of Johnnie L. Campbell, Geneva Adams, David Lankford, Carol Shore and James Crayton met in late April and nominated the following individuals to serve on the board: Doris Parrish and Deborah Elms, Food Service; Sam Barnett, Fire Department; Elias Sellars, transportation; Jeanette Morgan, Administrative Area; Robert Thompson, Supply Service; Betty Anderson, Special Chemistry; Kathleen Wade and Charlotte Simonson, Nursing Service; Quentin Moore and Paula Hammond, Housekeeping; Eunice Turner, Laundry; Arnoldo Sedayao, Public Works; Beverly Billman, Alameda Branch Clinic, and James Crayton (Food Service), Union Local 2297. Betty Anderson was appointed temporary chairman and Jeanette Morgan acting secretary of the board pending a June 8 election.

In the first meeting of the group on May 18, it was generally agreed that there is a continuing need to maintain and improve communications between civilian employees and management officials at all levels throughout the command. The establishment of the board, members believe,will serve as a means of direct communication between the Commanding Officer and civilian personnel, intensifying awareness of employee needs and problems.

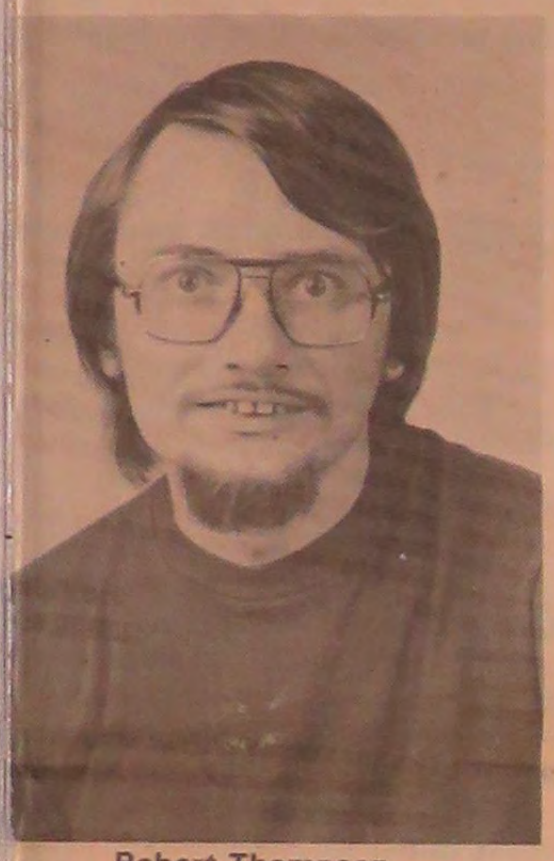
Recommendations were made to establish a large bulletin board in a centralized location of the hospital for posting all civilian employee matters of interest and concern, and that a NRMC Oakland Instruction be promulgated to formally establish the advisory board, prescribing its membership and identifying its functions.

Committee efforts will be directed toward civilian employees as a "whole," and not focused on any specific (single) case. No union-related problems will be undertaken.

(Editor's Note: Photos of most of the new advisory board members are published this issue; however, both Elias Sellars of Transportation and Quentin Moore of Housekeeping were unavailable at the time pictures were taken. Their photos will be used in a future edition.)



Betty Anderson



Robert Thompson



Sam Barnett



Charlotte Simonson



Deborah Elms



Paula Hammond



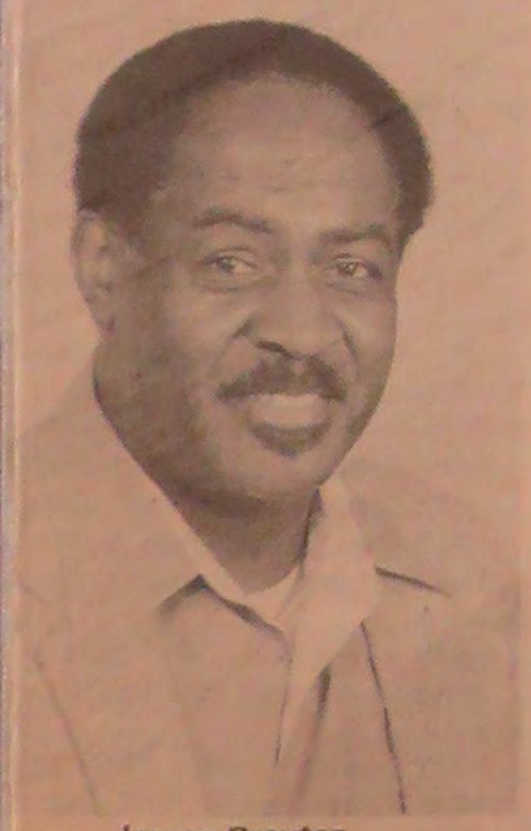
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Eunice Turner



Beverly Billman

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Quinn, a family practitioner, has served in the Navy since 1962, including a tour of duty in Vietnam as the senior medical officer aboard the battleship U. S. S. New Jersey. Before assuming command of the NRMC in Jacksonville, Quinn served as the Chief of Staff to the Navy Surgeon General at the Bureau of Medicine and Surgery in Washington, D.C.

"Captain Quinn's outstanding achievements in medical cost containment will serve as a benchmark in the continuing efforts of the Department of Defense to provide a quality health care benefit to beneficiaries at the least possible cost," Beary said.

Kudos....

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ADMIRAL TO ADMIRAL—Rear Admiral Donald E. Wilson (left), Commander of the Navy Resale System, paid a recent visit to Naval Regional Medical Center Oakland and conferred with Rear Admiral Walter M. Lonergan, Commanding Officer. The Supply Corps Rear Admiral also visited the small exchange in the hospital and the larger store in Bldg. 38.

MCPON finalists selected by board

Five finalists for the position of Master Chief Petty Officer of the Navy were chosen by a special selection board which met in Washington, D.C., May 17. The finalists were selected from a field of 12 applicants. An initial screening by the officers of the FY 1982 E-8/9 Selection Board chose the 12 semi-finalists from a total of 35 nominees.

The finalists, in alphabetical order, are MMCM (SS) Norman D. Garoutte, Commander Submarine Force Atlantic Staff; NCCM Courtland R. Johnson, Commander Patrol Wings Pacific Staff; TMCM (SS) Franklin A. Lister Commander in Chief U. S. Atlantic Fleet Staff; **HMCM William J. O'Daniel,** Commander in Chief U. S. Pacific Fleet Staff, and AVCM Billy A. Sanders, Naval Air Facility Lajes, Azores.

The finalists and their wives will be invited to Washington for interviews in July. It is expected that the Chief of Naval Operations will announce the name of the next Master Chief Petty Officer of the Navy in mid-July 1982. The present MCPON, Thomas S. Crow, will retire Oct. 1, 1982.

Navy Campus here to help you get ahead

Is the lack of funding preventing you from taking advantage of all the educational opportunities in the San Francisco Bay Area? Do you know there are almost 100 institutions of learning in this area? Have you always wanted to have a college degree and didn't know what to do about it? The answers to these questions are available from the Navy Campus Education Specialist, Marj Stillings, who is here from Treasure Island every Tuesday and Thursday in the Staff Education and Training Service on 6 South. Why don't you stop by and find out more about the free educational services offered by Navy Campus here and at Treasure Island in Building 29B on Avenue H.

For persons who joined the Armed Forces before Dec. 31, 1976, the Veterans Administration G.I. Bill remains available until Dec. 31, 1989. Personnel who joined the military after 1976 qualify for the Veterans Education Assistance Program (VEAP), where each dollar contributed is matched by $2, from VA.

Tuition Assistance is still available, however, it has been decreased to 50 percent for everyone, due to lack of funds. There are other financial aids available, such as grants, scholarships, and loans. Active-duty military personnel, who are not California residents, may attend community and state colleges at resident tuition rates during their first year in California. The tuition rates for private schools and on-base programs are the same for residents and non-residents.

Many colleges have a liberal policy for awarding non-traditional credit, such as military ratings and schools, as well as college-level examinations, which are administered free at Navy Campus. Military experience has been evaluated for college credit by the American Council on Education and is contained in the *Guide to Educational Experiences in the Armed Services* ("ACE Guide"). The Hospital Corpsman rating has recently been evaluated for college credit. This credit added to the four semester hours recommended for your recruit training is a start toward a college degree. Call Chief Lang's office at Ext. 2003 for an appointment for an evaluation of your military experience. It could earn you a college degree, which can be invaluable to your military career as well as your personal life.



CTURER—Herb Lindemann, Chief Civilian Personnel, is conducting a ies of lectures for supervisors of ilian employees at Oak Knoll. On y 25 he discussed leave ministration. Other forthcoming ks will be on monitoring employee formance, filling vacancies, ployee-labor relations, and the rviewing/selecting procedures.

Civilian Personnel command reorganized

The Naval Civilian Command now reports directly to the Chief of Naval Personnel, under an April 1 reorganization.

The change should facilitate communication between Navy Civilian and Uniformed Managers, thus strengthening the Navy's "Total Force" concept, officials said.

NATO reserve medical officers schedule August U. S. meeting

Reserve medical officers from a dozen NATO countries will meet in Washington, D.C. in early August for the 36th congress of the Interallied Confederation of Medical Reserve Officers.

Otherwise known as CIOMR, for its French title, Confederation Interalliee des Officers Medicaux de Reserve, the organization represents the reserve medical officers of all NATO countries which have reserve forces.

Meeting simultaneously will be the 35th annual conference of the Interallied Confederation of Reserve Officers (CIOR), representing 360,000 NATO reserve officers.

More than 1,000 are expected for the Aug. 8-15 sessions at the Sheraton Washington Hotel. CIOR military athletic competitions will be at Fort Meade, Md., and CIOMR hospital conferences will include Walter Reed Army Medical Center, D.C.; the Uniformed Services University of the Health Sciences and the National Naval Medical Center, Bethesda, Md.; and the Air Force Aerospace Physiological Training Facility at Andrews Air Force Base, Md.

The tentative CIOR program includes presentations by Caspar W. Weinberger, Secretary of Defense; Army General Bernard W. Rogers, Supreme Allied Commander in Europe; and Navy Admiral Harry D. Train, II, Supreme Allied Commander, Atlantic.

Marine Corps Commandant General Robert H. Barrow will host the Marine Barracks Evening Parade during the conference. Guest of honor at the parade will be Army General John W. Vessey, Jr., new chairman of the Joint Chiefs of Staff.

The reserve chiefs of all NATO countries will participate in the CIOR sessions while the surgeons general of the Army, Navy and Air Force will speak to the medical officers' conference.

Events will include ceremonies at Fort Myer, Va., a wreath-laying at nearby Arlington Cemetery, and a Reserve Forces Day at Andrews Air Force Base, Md. This will feature displays and demonstrations of personnel and equipment presently assigned to U. S. reserve components.

The military competitions at Fort Meade will include marksmanship shooting of the pistol, rifle, and submachine gun; obstacle course and utility swimming; and a day-long land navigation orienteering exercise against an aggressor enemy. About 200 officers are expected to participate in these competitions, both as individuals and as teams representing their parent countries.

CIOR was founded in Brussels in 1948 to promote cooperation between the NATO country reserve officer associations and to strengthen the basic solidarity of NATO. The current international president is Lieutenant Colonel Peter J. Jorgensen of Denmark. CIOR vice president for the United States is retired Army Reserve Major General Richard H. Cooper, Orlando, Fla., assisted by Army Colonel Joseph Gaston, Millersville, Md., Assistant Secretary General for the United States.

President of the medical officers' association, CIOMR, is Surgeon Commander M.J. Allwood of the United Kingdom. Chairman of the U. S. CIOMR delegation is retired Army Reserve Colonel Harry Becker, a doctor from Indianapolis, Ind.

Chairman of the congress and representing ROA as the host is retired Air Force Reserve Major General Ted W. Sorensen of LaGrange, Ill. Information on reservations for the congress is available from his CIOR/CIOMR officer at 1 Constitution Ave., N. E., Washington, D.C. 20002.

Job openings

Applications will be accepted by Civilian Personnel Service at Oak Knoll through Tuesday, June 15, for the following vacant positions:

Word Processing System Project Planner, GS-301-06/07, Word Processing Branch, Management Information Service.

Medical Technician (Chemistry), GS-645-05, Naval Drug Screening Laboratory, Laboratory Service.

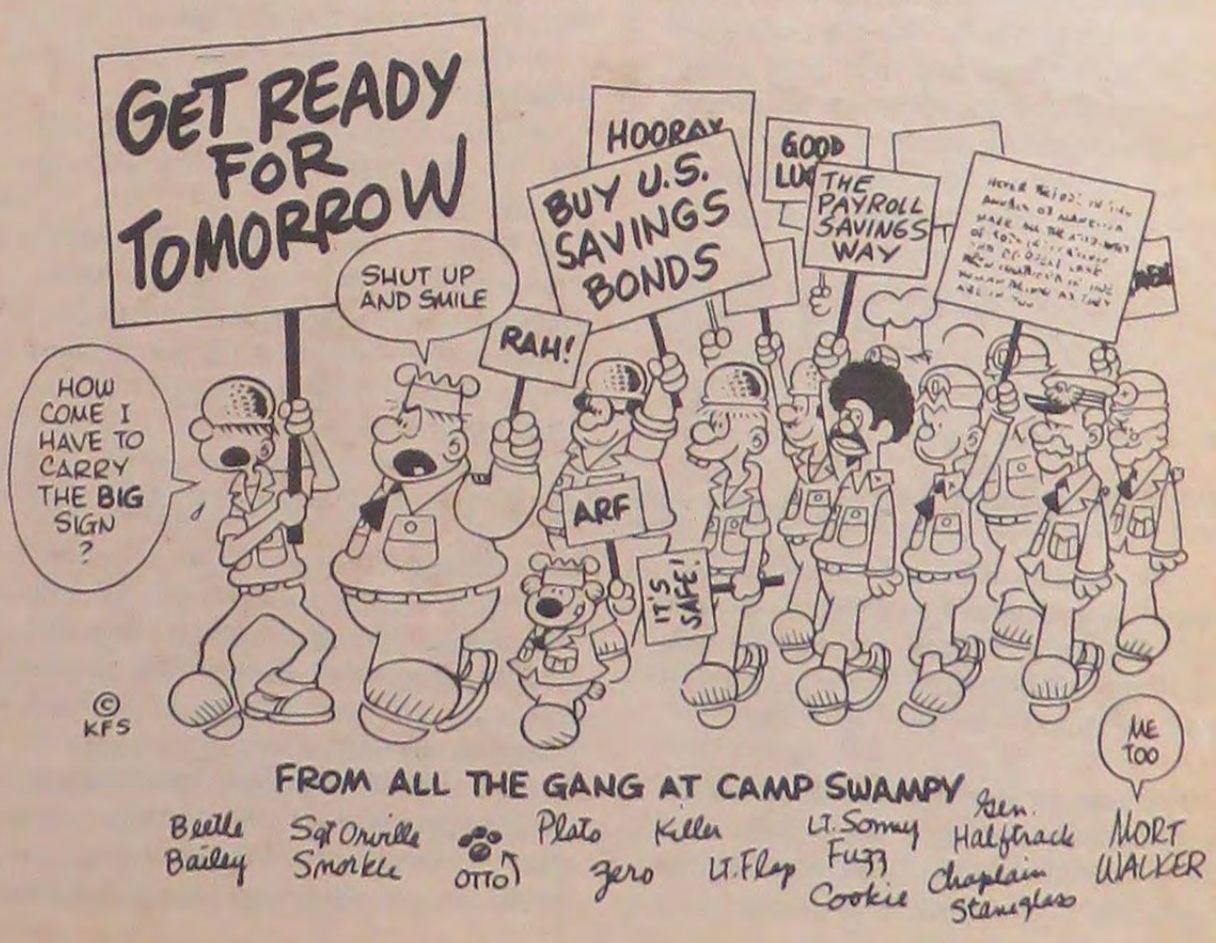
Word Processing Clerk (Typing), GS-303-03, Word Processing Branch, Management Information Service.

For further information on any of the above jobs, call Maurine Tinsley at Ext. 2116.

Savings Bond campaign begins

The 1982 Savings Bonds Campaign is being conducted by all Navy activities from June 1 through July 1.

Honorary chairman of this year's drive is Washington Redskins quarterback Joe Theismann.



Head dietitian implores: 'don't send patients to galley'

LCDR Douglas Love, Jr., head of the Clinical Nutrition Branch, has issued an appeal to all members of the staff to refrain from sending patients to the dietitians' office in Food Service without first calling.

"There is no reception staff or waiting area there," he explained, "and since the dietitians are frequently out of the office, it is often embarrassing and frustrating for the patients, as well as a health and safety hazard for them to be in the galley."

Patients needing diet instructions may be referred to Central Appointments, he said. Patients needing weight reduction should make an appointment for the weight control class; all others are asked to make an appointment for the Nutrition Clinic.

If a patient must be seen immediately, staff members may call ext. 2493 or page LCDR Love at Beeper 304, or LT Faythe Weber via the overhead pager, so that arrangements may be made to meet the patient in the nutrition office on the ninth deck.

Should divers use ANY drugs?

by J. M. Walsh, Ph.D.

Editor's Note: The following article is a reprint from *Faceplate,* the Navy's diving magazine. Dr. Walsh is an affiliate of the Naval Medical Research Institute.

Drugs come in many forms: They can be ingested, injected, inhaled and even absorbed through the skin. However, this discussion will not be restricted to street drugs or to prescribed medications because we want divers to realize that many substances affecting body chemistry such as aspirin, nasal spray, alcohol, nicotine and caffeine are not generally called drugs, but probably should be.

Currently, there are two schools of thought concerning the use of drugs while diving. The Navy provides no specific instructions concerning medication and fitness for duty; the diving supervisor makes his decision based on the recommendation of the diving medical officer (DMO). Some say there are a variety of drugs available that will counteract most minor problems, and if you are unaffected by these drugs on the surface, you will be okay in the water. But many DMOs believe that under no circumstances should a diver ever take any kind of drugs within 24 hours before diving.

Nevertheless, there are many variables that alter the effects of drugs. In reality, there is no such thing as "a drug effect" because a drug never acts the same in all individuals or even in the same person on different occasions. The action of the drug depends, mainly, on the physiological and psychological makeup of the individual at the time the drug is administered and on the environment condition.

Underwater, divers are subjected to: (1) increased hydrostatic pressure, (2) varying partial pressures of nitrogen and oxygen in compressed air and (3) the interaction of changing gas and pressure with all of the above-mentioned variables. Pressure itself can exert numerous changes in our body chemistry, and research dives have shown that metabolic, hormonal, neurological and cardiovascular changes occur at depths as shallow as 90 feet of sea water (fsw). Even under carefully controlled laboratory conditions at the Naval Medical Research Institute, we have found that the behavior effects of drugs change under pressure and that the way in which they change is not predictable from their surface characteristics.

Research in our laboratory has been concerned primarily with the behavioral aspects of drugs and how they affect neuromuscular coordination, judgment, emotional status and the auditory and visual systems. The results of these evaluations demonstrate how widely the effects of drugs vary when introduced to the body in an hyperbaric environment (* indicates human evaluations have been conducted):

- Analgesics:* Aspirin and Acetaminophen have been tested at depths to 180 fsw, and even moderately high doses (three to four tablets) have not produced behavioral or physiological problems.
- Antihistamines:* At presecribed doses, Benadryl decreased performance, caused mental clouding and reduced fine-motor coordination.
- Decongestants: Behavioral effects of Sudafed under pressure is not as toxic as those decongestants that contain antihistamines, although we have seen some slowing of judgment and coordination. In addition, researchers and clinicians suggest that decongestants may predispose divers to cardiac arrhythmias.
- Depressants: Pentobarbital and alcohol have been evaluated, and the effects did not appear to get worse under pressure. However, alcohol intoxication, which can cause nausea or vomiting, would certainly be a problem for the diver.
- Diuretics: No behavioral effects have been observed at normal doses.
- Hallucinogens: Delta 9-tetrahydrocannabinol (THC), the active ingredient in marijuana, interferes with cognitive processing and neuromuscular control. The effects of such get worse under pressure, and these effects are magnified as the partial pressure of oxygen increases.
- Motion sickness remedies: Dramamine,* an antihistamine-type motion-sickness preparation does not appear to produce any significant behavioral problems at depths to 180 psw.
- Stimulants: Dexedrine, Methedrine and the antidepressant Monoamine-oxidase-inhibitors interact with pressure conditions to interfere with judgment and muscle coordination at depths as shallow as 50 fsw. These drugs also may have undesirable cardiovascular effects.
- Tranquilizers: The magnitude of the effect of Chlorpromazine, Librium, and Valium was dose- and pressure-dependent. In addition, although we have no data for humans, lack of alertness or overconfidence resulting from tranquilizers would be troublesome at 100 fsw.

Although the studies were carried out under tightly controlled conditions, they were not done in the water, and the addition of that factor could alter the effect of drugs. Also, we have not completed all of the evaluations with humans. Therefore, direct inferences about humans must be made with caution. In summary, it is emphasized that:

- The use of all drugs should be avoided while diving.
- Over-the-counter preparations can be as toxic as prescription or abused drugs.
- If you must dive while taking medication, be informed. Get full information from your diving medical officer because even benign compounds may become behaviorally toxic under pressure. (NES)

MED • SCAN

A quick look at recent health care developments

Is garlic the latest anti-cancer treatment? Several cloves of garlic daily may explain the difference in gastric cancer rates in China. In Gangshan province only 3.45 people per 100,000 contract the disease. In Quixia province some 40 people per 100,000 suffer gastric cancer. The difference? **Gangshan people regularly eat 20 grams of garlic daily** as reported by *Medical Tribune*. They thus have a significantly lower level of nitrites in their gastric juices. Garlic inhibits bacterial growth in the stomach, important to the production of nitrites, which have been definitely linked with gastrointestinal cancers.

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Alcoholic women frequently go on drinking binges before their menstrual periods, reports another article in *Medical Tribune*. The low estrogen levels at this period help to heighten effects of alcohol and give the drinker a larger reaction than usual. Alcohol, like estrogen, slows down production of the hormone MAO (monoamine exidase) which at high levels causes depression. When a premenstrual woman drinks she apparently slows down production of MAO and alleviates depression, encouraging her to drink more.

BLOOD DRIVE
GIVE BLOOD

On June 16-17 you have a chance to save a life, contribute to a vital community service, receive a mini-physical, donate to a charity without giving money, and much more. All this is done in less than an hour, right here at NRMCO, by giving to the Blood Drive.

Blood is a very important factor in medical care and during the summer time blood banks have a shortage. This is due to vacation of donors and also many people take elective surgery at this time of the year.

Naval Regional Medical Center in the past has had a very high participation rate in the Irwin Memorial Blood Drive.In fact, NRMC Oakland has been able to maintain a credit balance with the bank. Continued support will insure ongoing favorable levels.

The procedure for giving blood is very easy; in fact some people think it's a pleasurable experience. If you've never done it, now's your chance. Almost everyone between the ages 17 and 65 years old are able to give.

For further information on the details of how and when to donate blood, see your department representative. If they are not available or more information is needed then call LTJG Deborah Prekker or a member of the Blood Bank Staff at Extension 2283 or 2329.



All urged to report unsafe conditions

All Navy military and civilian employees are encouraged to participate in the prompt identification and reporting of unsafe or unhealthful practices or conditions. They may be reported orally or in writing to immediate supervisors or by making anonymously written reports directly to the NRMCO Regional Safety Manager (using NRMCO 5101/4 (11-81). No reprisals or other punitive action will be taken against any person originating a report.

The workplace supervisor shall then initiate appropriate corrective action, including notification to the Safety Office of the original report. Follow-up inspections and investigations shall be conducted by the Safety Office to insure that corrective measures have been taken and the originator of the report shall be notified of the condition found by Safety Office personnel.

Appeals for military personnel go through the chain of command.

If the civilian originator of a report is dissatisfied, that person may confer with the Regional Safety Manager. If the originator is still dissatisfied an appeal to the Commanding Officer may be made. Second level appeals for civilians will be addressed to the Surgeon General, Bureau of Medicine and Surgery. Subsequent appeals may be submitted if the originator is not satisfied with the action taken or resulting disposition. These, in order, are: Chief of Naval Operations, the Secretary of the Navy (ASN (MRA&L), the Assistant Secretary of Defense, the Office of Federal Agency Safety Programs, and the U. S. Department of Labor, Washington, D. C.

The Safety Office at NRMCO is located in Building 63B. Deflect-O Wall holders to support forms for reporting are located throughout the hospital. For further information call Extension 2384.

CHAMPUS now able to share cost of intraocular implantation

The Food and Drug Administration's recent approval of five different models of intraocular lenses for human use enables CHAMPUS to share the cost of implantation of these lens models.

Intraocular lenses are artificial lenses surgically implanted in the eye. Cost of the implant surgery normally ranges from $500 to $600. The lenses have been in use for more than 30 years, and have been used in the U. S. with increasing frequency since the late 1960s. Originally, CHAMPUS shared the cost of lens implantation with program beneficiaries. However, in 1976 it was decided that there were no data showing that the lenses were effective or safe, and FDA put intraocular lenses on their investigational list while they examined the lenses' safety. At that time, CHAMPUS was forced to discontinue sharing the cost of lens implants.

The CHAMPUS regulation states that in order for specific benefits to be covered by the program, "any surgical implant must be approved for use in humans" by FDA. With the recent FDA approval of lenses, beneficiaries' claims can now be processed, retroactive to the dates of approval of each of the five models of lenses.

There are FDA-imposed age restrictions on the use of all approved lens models. CHAMPUS beneficiaries should consult their physician for details.

Reserve today for farewell event

Reservations close today for a June 16 party honoring soon-to-be transferred Captains Joseph Smyth, Director of Clinical Services, Warren W. Hodge, Regional Health Care Coordinator, and Paul H. Farrier, Regional Industrial and Occupational Health Care Coordinator.

The farewell event for the prominent Navy physicians will be held in the Officers' Club at Oak Knoll, beginning at 6:30 p.m., followed by a filet mignon buffet at 8 p.m. Price is $12 per person.

Reservations may be made by calling 639-2147.

Red Cross needs freezer

The Red Cross volunteers are desperately in need of a freezer in good working condition to store cookies and bakery items for the patients at Oak Knoll.

Please contact the Red Cross lounge office at 639-2525 if you are able to help us.

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Mothers to convene

The National Navy Mothers' Clubs f America will hold their 80th conven-on in San Jose, Aug. 8-12, it has been nounced.

Meetings will be held in the Holiday n, Park Center Plaza.

Bay Area Navy Mothers' Clubs are gular contributors to patient recrea-on funds at this medical center.

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FRA announces contest winners

Harold R. McNichol, West Coast Regional Americanism Chairman of the Fleet Reserve Association (FRA), has announced winners of the 1982 essay contest on the theme, "What My Vote Will Mean To Me."

Winners are:

Seventh Grade: Michael Bachmeier, Lemoore (first); Nina Lynn Nordstrom, Stockton (second), and Jimmy Webster, Lemoore (third).

Eighth Grade: Cristina Intintoli, Vallejo (first); Mike Londgren, Gilroy (second), and Mark Huffman, Concord (third).

Ninth Grade: Anne Mallon, Fremont (first); Emily Ofsevit, Berkeley (second), and Daryl Pontenberg, Campbell (third).

Tenth Grade: Suzanne Young, Gilroy (first); Pam Sullivan, Napa (second), and Evlin During, San Francisco (third).

Eleventh Grade: Su Sun Bai, San Jose (first); Lynn Lambrecht, San Jose (second), and Marianne Bailey, Placerville (third).

Twelfth Grade: Tracey Tokuhama, Berkeley (first); Cheri Merritt, Pollock Pines (second), and Ri Pen Chou, Sunnyvale (third).

All winners received a plaque and first place winners also received a $75 Savings Bond from the West Coast Region of FRA. First place winners will be entered in the national contest.

The 1983 theme for the FRA Americanism Essay Contest, which is open to all students in grades 7 through 12, will be "The Bill of Rights And Me."

For further information contact Mr. McNichol, 16193 Via Del Robles, San Lorenzo, Calif., 94580; phone 415/276-6080.



A FINE TIME TO LEAVE US, LUCILLE'—Ms. Lucille Barry (right), Red Cross staffer at Oak Knoll for several years, departed this command recently for a three-year tour with the Red Cross at Elmendorf Air Force Base, near Anchorage, Alaska. A farewell luncheon was held in her honor at the Officers' Club on May 26. Among those wishing her a fond farewell were Ms. Ardeth Sklinchar, Chairman of Volunteers and Mr. Paul Anderson, Field Director.

MOVIES

Friday, June 11, 6:30 p.m.—LOVING COUPLES—Shirley MacLaine, James Coburn—Comedy/PG

Saturday, June 12, 1 p.m.—SONG OF THE SOUTH—Ruth Warrick, Bobby Driscoll—Musical Fantasy/G

Saturday, June 12, 6:30 p.m.—STONE COLD DEAD—Richard Crenna, Paul Williams—Drama/R

Sunday, June 13, 6:30 p.m.—THE FLIM FLAM MAN—George C. Scott, Sue Lyon—Comedy-Drama/PG

Monday, June 14, 6:30 p.m.—HOPSCOTCH—Walter Matthau, Glenda Jackson—Comedy/R

Tuesday, June 15, 6:30 p.m.—FOUR FRIENDS—Craig Wasson, Jodi Thelen—Drama/R

Wednesday, June 16, 6:30 p.m.—NUCLEAR TERROR—Richard Harris, Ann Turkel—Drama/R

Thursday, June 17, 6:30 p.m.—SATURDAY, THE 14th—Richard Benjamin, Paula Prentiss—Comedy/PG

Friday, June 18, 6:30 p.m.—PRIVATE BENJAMIN—Goldie Hawn, Eileen Brennan—Comedy/R

Saturday, June 19, 1 p.m.—MARY POPPINS, Julie Andrews, Dick Van Dyke—Musical Fantasy/G

Saturday, June 19, 6:30 p.m.—BRUBAKER—Robert Redford, Yaphet Kotto—Drama/R

Sunday, June 20, 6:30 p.m.—LEAVE HER TO HEAVEN—Gene Tierney, Cornel Wilde—Drama/PG

Monday, June 21, 6:30 p.m.—HE KNOWS YOU'RE ALONE—Don Scardino, Caitlin O'Heaney—Suspense Drama/R

Tuesday, June 22, 6:30 p.m.—RAGTIME—James Cagney, Elizabeth McGovern—Drama/PG

Wednesday, June 23, 6:30 p.m.—THE SWEET CREEK COUNTY WAY, Richard Egan, Albert Salmi—Western/PG

Thursday, June 24, 6:30 p.m.—THE DEADLY SILVER NINJA—Dragon Lee, Marty Chui—Action/R

Career Capsules

New horizons for Pharmacy Technicians

By CDR W.L. Patterson, MSC, USN
Navy Pharmacist

For years, Pharmacy Technicians have been performing a vital service for the eficiaries of the Naval Medical Department, dispensing millions of prescriptions drugs ranging from aspirin to the newest life-saving chemicals that modern tech-logy has to offer. Navy Pharmacy Technicians work in a capacity that requires ars of college education in the civilian world. How can they do this? Are we getting quality pharmacy services in the Navy? You can be sure we have the best!

First, Pharmacy Technicians are carefully selected. To be considered for this addi-nal training, you must demonstrate a proficiency in mathematics and should have me high school background in chemistry and biology. Second, you must suc-sfully complete six months of intensive training in one of Navy's two pharmacy hools. Third, you must be willing to participate in continuing education programs the remainder of your career in pharmacy. Fourth, you must make a personal mmitment to work in an environment where perfection is the primary criterion for easuring performance.

But what do Pharmacy Technicians do besides count pills and pour cough syrup? lepends. Most of the Naval Regional Medical Centers have comprehensive phar-cy services that prepare sterile intravenous solutions and unit dose medications hospitalized patients. Drug information is provided for physicians, dentists, and ses. Teaching classes for neophyte Hospital Corpsmen on various subjects ated to pharmacy is a challenging part of the job. Counseling patients regarding proper use and cautions to observe while taking medications is a never-ending, fulfilling experience. Maintaining records, ordering supplies, preparing budgets, maintaining equipment are equally important aspects of the job. This is by no ans an exhaustive list of the duties of a Pharmacy Technician and these functions normally under the supervision of a Pharmacy Officer at the Medical Center. But, at about the technicians who are on independent duty, like on a ship? The same s apply. Strong background, good training, continuing education, and a personal mmitment to perfection.

Hospital Corpsmen with the proper background, looking for a challenge, and erested in a professional career may want to investigate the possibility of becom-a Navy Pharmacy Technician. The Pharmacy Technician "C" Schools are located ortsmouth, Virginia and San Diego, California. See your Command Career Coun-or for additional details. (Reprinted with permission from *LINK* magazine, April-ne 1982.)

Veterans ask

Q—My father is a World War I veteran and he recently had a stroke that left him totally helpless and unable to care for himself. Will the VA put him in a nursing home and pay for it?

A—The VA cannot bear the expense of a private nursing home for veterans with nonservice-connected disabilities unless the veteran is transferred directly from a VA hospital to the nursing home. When such a transfer is made, the VA authorized care normally may not exceed six months. You should contact the nearest VA Medical Center or regional office for details, or your local county service officer.

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Q—If I don't have a checking account and cash is unsafe to mail, how can I pay on my Veterans Administration education loan without going to a VA personally?

A—Go to your bank or nearest post office and purchase a cashier's check or money order. To ensure proper credit, include your claim number or social security number on your remittance.

BIRTHS



The following new additions to the military medical "family" have arrived at Naval Regional Medical Center Oakland:

A baby girl to Hospital Corpsman Third Class Thomas Ramirez, Ophthalmology, and his wife Gladys Costillo, on May 21.

A baby girl to Hospital Corpsman Third Class Matthew J. Schubert, USN, Intensive Care Unit, and his wife Kathleen, May 21.

A baby boy to Hospital Corpsman Third Class Daniel P. Grady, USN, Branch Clinic Moffett Field, and his wife Marilou, May 28.

A baby girl to Hospital Corpsman Third Class Petra Harrington (Murdock), USN, Mare Island Branch Clinic and her husband Hospitalman Douglas Richard Murdock, USN, June 2.



Nurses top MSCs in benefit ball game

The Medical Service Corps officers of the command challenged Nurse Corps officers to a staff slowpitch softball game on May 27 to benefit the Navy Relief Society to the tune of $203.

Behind the superb coaching of Captain Jan Emal, the nurses pounded the MSCs for three runs to take command of the lead despite MSC efforts,ending in defeat, 7-3 for the Medical Service Corps team.

"It was an injury-free game, except for a couple of confrontations with the umpires," said one nurse player.

Originally, the challenge was males against females, but the male nurses didn't like this, so came to the game dressed in "drag," (skirts, wigs, hats, etc.) so that they could play on the Nurse Corps team as "females."



FAR OUT—Ensign Kaki Douglass of Occupational Therapy pitches for the Me cal Service Corps team.

Slow start for golf team

The Naval Regional Medical Center is getting off to a bad start this season in the Central Pacific Regional Golf League. NRMC lost its first three matches... NAS Alameda 16-11, NAS Lemoore 15-12 and Naval Supply Center 24-3.

Team members this year for NRMC are Roger McNabb, Mike McDonald, Alan Kay, Jeff Upton, Sid Gesh, John Chemycz and James Vandenbosch.

Intramural Softball Standings

TEAMS	W	L	PCT.
PMT School	3	0	1.000
ORTHO	1	0	1.000
Med Repair/Pharmacy	2	1	.667
MSC	2	1	.667
Spec. Services	2	1	.667
LAB	2	1	.667
Anesthesia/Peds/OB	2	1	.667
Gen. Med.	1	1	.500
CPO	1	2	.333
NP	1	3	.250
Dental	0	1	.000
Nursing Service	0	2	.000
6th floor	0	3	.000



NEW UNIFORMS—The Chief Petty Officers Softball Team models new uniforms, royal blue, trimmed in gold and white. Members shown are left to right front row, HMC Steve Putter, HMCS "Mac" MacGregor, HMCM "Mickey" Marumoto, HMCM "Chuck" Dackerman, HMC Mike Larkin; Left to right, back row, HMC Fred Lang, HMC Gary Burgdoff, HMCM Don Bailey, DTC Don Hritz, HMC Rose Percival.

(Photo by Donna Ostrowski).

U. S. Government Printing Office
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OOPS!—Nurse Corps LTJG Deb Driscoll of the Sixth Deck fails to connect Spectators are LCDR Russ Bond of Optometry and CDR Frank Fisher, Chief o Administrative Services.

Sand sculptors invited to compete

The 16th Annual Sand Castle and Sculpture Contest will be held on Saturday, June 26 at Robert Crown Memorial State Beach in Alameda.

Last year's contest attracted some 220 sand sculptors, who created works ranging from medieval castles and mythological creatures to giant beermugs. About 3,000 spectators lined the beach to watch the show.

The event is sponsored by the East Bay Regional Park District, in conjunction with the Alameda Recreation and Park Department and the Bay View Women's Club.

Registration is from 9 to 11 a.m., judging will begin at noon, and the trophies and ribbons will be awarded by 1 p.m. Newcomers are advised to register and start building early in the morning.

There are two divisions in the contest—castles and sculpture—with three categories in each division. The categories are family groups, which must include an adult; individuals or groups aged 13 and older; and individuals or groups 12 and under.

Sculptures and castles will be judged on design, detail, neatness and techniques. No permanent forms may be used in the structures, although contestants may use all the sand, wood, rocks, and shells they find on the beach that day.

The construction area will be along the beach in front of the large bathhouse complex, near the intersection of 8th and Westline Drive in Alameda.



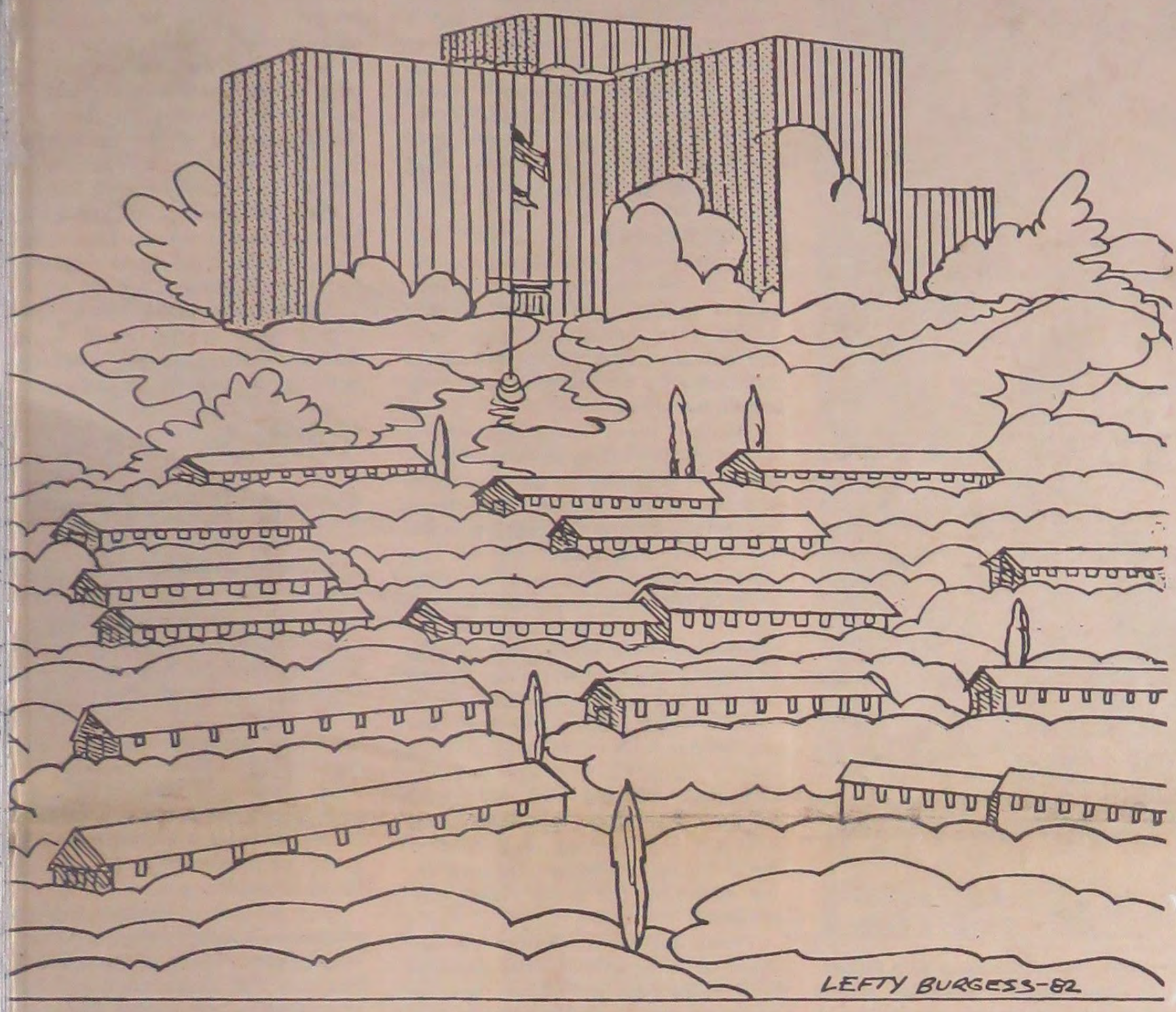
"OK ... the rest of you guys take it easy on the trampoline!"

THE

OAK LEAF

Vol. 44, No. 12 | Naval Regional Medical Center, Oakland, California | Friday, June 25, 1982

Naval hospital 40 years old July 1



WOOD TO CONCRETE—Rising from a sea of long, wooden hospital wards used to treat thousands of World War II injured stands the modern medical center that still is informally known as Oak Knoll.

Dr. Sears to assume No. 2 position here

Captain H. James T. Sears reported earlier this week to assume the position of Director of Clinical Services and Deputy Commanding Officer of Naval Regional Medical Center Oakland on July 1. He is relieving Captain Joseph P. Smyth who will assume command of Naval Regional Medical Center, Okinawa, Japan on Aug. 6.

Dr. Sears comes to Oakland from Naval Regional Medical Center San Diego where he has been Chairman of the Psychiatry Department since September 1979.

Dr. Smyth, an internal medicine specialist, has been assigned to Oak Knoll since Aug. 9, 1980.

ole in three wars

ooking back on Oak Knoll's past

n the early spring of 1942, 25 barks-type redwood buildings took pe on the site of the former Oak ll Golf and Country Club. They were nucleus of the sprawling "temporhospital the Navy built to receive thousands of World War II ualties that were to be brought back n Pacific battle zones.

The hospital was commissioned 1, 1942, with six ward buildings 204 beds ready for occupancy. nstruction kept pace with developts in the Pacific, and in 1945 at the ax of the war, the hospital was carfor more than 6,000 patients with a tary and civilian staff of approxtely 3,000. Contractors brought the l number of buildings on the 220e compound to 135 including a pel, navy exchange, library, and a sets of living quarters for staff.

With demobilization, both the vity and the population declined, to rise again during the Korean nflict when the daily patient census raged 2,500. This figure fell to a cetime level of about 600, but with influx of Vietnam casualties begin in 1965, the tempo of life at Oak ll increased again, both in patient requirements and in morale-build activities.

On Dec. 7, 1965, ground was ken for a new sorely needed permat hospital, and by mid-1968, the facility was completed and receiving its first patients. Fire-resistant with a frame of reinforced concrete and walls of precast concrete panels, Building 500 is today a nine-story, attractive, modern hospital facility, well-equipped and with tasteful decor and pleasant landscaping.

Most of the temporary buildings have been demolished to make way for the multi-storied hospital, but some have been retained for use as intermediate care units and to house facilities such as the Navy Exchange store, Special Services, Red Cross Lounge, Education and Training, General Library, Laundry, Civilian Personnel Services, Security, Fire Department, maintenance and transportation shops, and other supporting operations.

On Jan. 1, 1973, Naval Hospital Oakland was consolidated into the existing Naval Regional Medical Center, Oakland, California. The regional concept provides medical service to branch clinics easily accessible to beneficiaries, yet allows centralization and consolidation of health care resources to ensure a high degree of efficiency and effectiveness.

From the beginning, the mission and tasks of the center have mandated a progressive approach to total health care. With its acquisition of the Computerized Axial Tomography (CAT) scanner and its Scout View Packages, Naval Regional Medical Center Oakland became the proud owner of one of the most technologically advanced models of this body scanner in the nation. This amazing piece of medical equipment is capable of producing high resolution images of both head and body, thereby eliminating much of the need for exploratory surgery. (Developers of the scanner received the 1979 Nobel prize for medicine.)

Throughout recent years, other important patient care facilities have been regularly added. These include the artificial kidney, radioisotope laboratory, and cobalt therapy units. Specialized treatment programs have been developed in neuro-surgery, thoracic and cardiovascular surgery, amputations, replantation microsurgery, renal dialysis, plastic surgery, corneal transplants, oncology, neurology, aural surgery, neuropsychiatry and nuclear medicine. Automated hardware is used to support more than 3,500 hypertensive patients, while a central word processing unit provides service to both clinical and administrative functions, and the laboratory uses a modern computer-directed analyzer for multiple testing.

Facilities at Oakland serve one of the Navy's major teaching medical centers by providing residency programs in 14

(Continued to Page 5)

New Japan duty for Dr. Smyth

When Navy Medical Corps Captain Joseph P. Smyth arrived at Oakland nearly two years ago, he came from a position as Director of Clinical Services at the U. S. Navy's medical center in Yokosuka, Japan. Now he returns to the same country, on Okinawa, to take command of the medical center there.

Born in Norwalk, Conn., and raised in Stamford, the physician has 24 years active duty and six years reserve in the Navy. He enlisted in 1953 and completed recruit training in Bainbridge, Md., and further schooling at Hospital Corps School at Portsmouth, Va., and Laboratory Technician School at St. Alban's Naval Hospital, N.Y. He attained the rank of Hospital Corpsman First Class in 1957 and served with the Marine Corps while deciding to become a Navy physician.

From 1958 to 1960 he worked as a city policeman while also studying at Fairfield University in Connecticut, where he earned a bachelor of arts. In 1960 he entered the Creighton University School of Medicine in Omaha, Neb., and later earned a medical degree from that institution. He enrolled in the Navy's Senior Medical Program and interned at Naval Regional Medical Center, Philadelphia, Pa., completing his internal medicine residency at the same hospital in 1968.

Following duty on the Philadelphia staff, Dr. Smyth served, successively,

(Continued to Page 3)

Editorial---



NEW CITIZEN?—**We don't know her name or her origin. She could be a native American Indian, of Hispanic heritage, or maybe even a Vietnamese refugee, but somehow this little tot holding the stars and stripes in each tiny fist seems to symbolize what the United States and its future is all about. As we approach Independence Day it seems an appropriate photo to wish everyone a happy and meaningful Fourth of July.**

(US ARMY PHOTO)

Navy leaders call U.S. Navy 'finest'

ADM Thomas B. Hayward, Chief of Naval Operations, and ADM James D. Watkins, who succeeds ADM Hayward as CNO on July 1, described the service as "the right kind of Navy," and "a Navy on the move" in recent remarks at Pearl Harbor, Haw. The speeches took place during a ceremony aboard the attack submarine USS NEW YORK CITY (SSN 696) in which ADM Sylvester R. Foley, Jr. relieved ADM Watkins as Commander in Chief, U. S. Pacific Fleet.

ADM Watkins told the audience, "as an island nation dependent upon the sea for defense and for unimpeded access to sea lanes—which are the arteries of our national economic life—we must have a Navy second to none. I believe such a Navy is now realistically within our grasp.

He said that, "Congress and the American public understand we can no longer be expected to do more with less. Nor should we ever again force our military people to accept the major burden of inequitable pay as the national example for austerity when most others remain unaffected in comparison. A healthy personnel environment is key to readiness, and readiness and ability to sustain in combat are the first two priority defense objectives."

ADM Watkins praised the Navy men and women he had encountered while Pacific Fleet Commander, declaring "the most valuable fleet asset... is people. I have found leadership to be alive and well in every community in the fleet, down through the crow on the sleeve of our brand new petty officers.

"From boot camp, through the ratings and ranks of this fleet and this Navy, ADM Hayward has emphasized pride and professionalism, the hinges of readiness. But while he has emphasized those qualities, it is you—the chain of command—the men and women of this fleet, who have embodied them. **You** are pride; **you** are professionalism."

The prospective CNO expressed confidence in the direction of growth in the Navy, noting "we have been given an incredible measure of salt water over which to keep the peace. The threat has grown at an alarming rate—but the alarm has been sounded. We are a Navy on the move—rebuilding our maritime strength and our leadership role to help foster stability in an increasingly unstable world."

ADM Hayward, looking to the conflict over the Falkland Islands as an example, said, "We must learn once again that warfare is a hazardous business, that the price of waging war is infinitely more costly and expensive than the price of maintaining the peace—a peace that can only be maintained through strength, not through weakness.

He described the U. S. Nav strength in terms of the battle gro saying, "we build battle groups co posed of all kinds of ships, and weld them together for the purpos sending them to sea to control seas, to sweep the adversary from t ocean, to go where we want, when want, at our initiative. Airpower is critical element of the battle gro The surface combatant is able to c out its role because it is opera within the envelope of the car based airplane. The United States N today is building the right kind of Na for the right reasons."

The CNO concluded, "We're not largest Navy in the world by measure. **But we are the finest Na in the world by every measure.**"

'Mighty oaks from little acorn

Savings are the basis of any prud financial plan. Most of us have to something aside regularly if we're accumulate any sizeable sum money, the kind of money most of big things in life require.

How better to do it than with automatic, dependable Payroll Savi Plan for U. S. Savings Bonds? W Payroll Savings, a one-time decisio save makes you a saver payday a payday, without fail. Then, even if spend all your take-home pay, y financial security is growing.

Lots of your shipmates or fell workers will tell you there's no be way to save. Many of them will you, too, that there have been tim when they've been mighty glad to h the money this kind of saving provid

True, but is it wise these days to money into bonds when higher inter rates are being advertised? The ansv is "yes." Bonds offer the opportu to earn a good return on small sums money. That return helps you accum late the larger sums that are requi for the higher returns being publiciz

Another increase in interest rates for U.S. Savings Bonds.

9%

Growing Bigger...Faster.

Our patients write. . .

I am writing to tell you how much I appreciated a real concern to help me by HM3 (Dean) Wiggs (Cardiology) today. There was a real mix-up concerning my consult and records from Dr. Vasquez in the Moffett Field Clinic and I am working against a time element since I will be leaving the area June 1st to join my husband in Japan.

He took the time to look into my problem and help me with a solution which no one else did. There needs to be more people like him who are willing to help a person rather than just pass the buck (so to speak).

I just wanted you to know how much I appreciated his help and concern.

Karen McElmurry

• • •

Thanks so much for your letter of sympathy on the death of my mother.

I would like to ask you to convey my appreciation to Dr. Sue Walker for her help and kindness and also to any other staff members on 9 South.

R. W. Funk
CDR, USN (Ret.)

• • •

One of your physicians, Dr. Hooper, took care of my mother Beulah Castle while she was visiting me in California. . .

She was seen on time for each of her appointments. All the tests which were ordered were done within a reasonable time and the results were promptly returned, so he could do a full diagnosis for her.

He is a very caring person and always gave her as much time as necessary to answer all her questions during these appointments.

I really feel he is outstanding in the field of cardiology and exemplifies excellence in the role of a physician.

Miss Jackson, the clinic secretary, was a great help in directing us to the various departments around the hospital and for giving us prompt appointments to see Dr. Hooper.

Dr. and Mrs. Ralph D. Felice

NAVAL REGIONAL MEDICAL CENTER
OAKLAND, CALIFORNIA

RADM W.M. Lonergan, MC, USN, Commanding Officer

CAPT Joseph P. Smyth, MC, USN, Director of Clinical Services

CDR Frank D. Fisher, MSC, USN, Director of Administrative Services

Editor: Betty Beck

Clerk: Pat Heaphy

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HM2 Larry Marchionda

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Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.

nonymity assured

DOD to survey civilians on drug and alcohol use

he Department of Defense is spon-ng a world-wide survey of drug and hol use among its civilian loyees which will commence in late or early July.

he survey, similar to one inistered to the DoD military ulation in 1980, will be conducted n independent civilian contractor, r the auspices of the Office of the etary of Defense, Office of Drug Alcohol Abuse Prevention PP). The purpose of the survey is valuate the extent of drug and hol use among the DoD civilian k force and to plan improvements mployee assistance programs and cies.

In the Department of the Navy, approximately 700 employees in the United States and overseas will be randomly selected and given questionnaires to complete regarding drug and alcohol use. The forms will be mailed to local civilian personnel offices with complete information and instructions for delivery to selected employees.

Both the Department of Defense and the contractor conducting the survey have assured complete anonymity of responses. The questionnaire must be administered on a voluntary basis, only during the employee's normal duty hours. Full cooperation is encouraged from those selected to participate.

CDR Kraft retires next week



LCDR John Kraft

n July 1, LCDR John E. Kraft, MSC, , will retire from the Navy. He has assigned as Chief of Patient rs since his arrival at Oak Knoll in ist 1979.

The retirement ceremony will take place in the Clinical Assembly on June 30 at 9 a.m. All personnel are cordially invited to attend.

LCDR Kraft served for 13 years as a Hospital Corpsman prior to receiving his commission in February 1970. Since that time he has served at medical centers on the east and west coasts, in Japan, and also a three-year tour with Fleet Marine Forces of the U. S. Pacific Fleet.

At Naval Regional Medical Center, Oakland, LCDR Kraft has been responsible for various patient services functions, including managing the office of Medical Affairs for Northern California, Nevada, Colorado, and Utah, and decedent affairs functions relative to all naval service dead within the Pacific Command Area.

His hobbies include composing music and Asian history. When asked how he viewed his post-retirement life, he replied, "a piece of cake."

John, his wife DeeAnn and their four children will be making their new home in Las Vegas, Nevada.

Physical Therapy head to end 26 Navy years

edical Service Corps Lieutenant mander Patricia B. Hoggatt, Chief ysical Therapy here for nearly five , is retiring June 30 after 26 Navy service. She will be relieved ieutenant Commander Robert geway, already on the PT staff.

LCDR Hoggatt entered the Navy as nsign, attended the University of lo (1956-57) and was first sta-d, as a physical therapist, at Key , Fla. In more recent years she has d two tours at Oakland, at medical rs in Bethesda, Md. (two tours), mouth, Va., and Yokosuka, Japan. e holds a bachelor of science in ical therapy, a specialty certificate, masters of arts in education from ge Washington University. Her ary decorations include the orious Unit Citation and Navy mendation ribbons and the nal Defense ribbon.

hile on the Oak Knoll staff she has stently been appointed project r for the annual U. S. Savings campaigns and has served on the of the Month selection commit-

ve been very happy in the Navy 'm going to miss the folks," she "But I fully intend to keep in h."

r future plans include a trip to England to visit relatives, followed by classes in photography, and possibly, dog grooming or other hobbies involved with animals. She and her



LCDR P. B. Hoggatt

husband Gary, an electrical engineer, make their home in Newark and plan to continue to live there. Both are interested in scouting and may volunteer to assist their community in related programs.

The physical therapist's favorite sport is snow skiing, which she intends to continue in retirement.

Dr. Sears respected psychiatrist

Captain H. James T. Sears, 45, soon to head all clinical services and medical training at this hospital, was a member of the Interagency Medical Team for the American Hostages in Iran.

Professor, consultant, lecturer and author, he has gained considerable respect from Navy medical peers and has a broad background in psychiatry.

Born in Minoa, N. Y., he is a graduate of the Albany Academy, where he studied under an academy association scholarship. He received a bachelor of arts degree from Wesleyan University where he held the Russell Wells Scholarship, and a medical doctorate from Albany Medical College of Union University under an alumni scholarship. He served a rotating internship at Albany Medical Center Hospital and a psychiatric residency at National Naval Medical Center, Bethesda, Md., where he was chief resident, 1966-67.

Further education included a behavioral therapy course at the University of Pennsylvania; training at the Institute of the Philadelphia Association for Psychoanalysis; Navy course in basic management principles; executive medicine at Naval School of Health Care Administration; medical department orientation course in alcoholism; landing force medical staff planning; division and combat psychiatry course (conducted by the Army), and strategic medical readiness and contingency course at Bethesda.

He was staff psychiatrist at Philadelphia Naval Hospital; head of the Neuropsychiatry Branch aboard the USS REPOSE (AH-16) in Vietnam service; head of the Officers' and Women's Unit and, later, Assistant Chief and Director of Residency Training, Neuropsychiatry Service at Philadelphia Naval Hospital; Chairman of the Department of Psychiatry at Philadelphia; Chairman of Psychiatry at Portsmouth, Va., and in his most recent billet, Chairman of Psychiatry at San Diego.

Other professional experience has been Acting Medical Director, Salem County (N. J.) County Guidance Center; Consultant, Burlington County (N. J.) Jail; Team Member, "Operation Egress Recap," "Operation Homecoming" (Vietnam POWs); Invitee and Participant, Conference on the Education of Psychiatrists, Lake of the Ozarks, Missouri; Examiner, American Board of Psychiatry and Neurology; Consultant to the Surgeon General for Navy Psychiatry; Member, Committee on Federal Government Health Services, American Psychiatric Association, and Consultant, "Operation Deep Freeze," Antarctic Support Force.

Professorial appointments have been with the University of California, San Diego; U. S. International University, San Diego; Eastern Virginia Medical School; Hahnemann Medical College, Philadelphia, and University of Pennsylvania.

Dr. Sears is a diplomate of the National Board of Medical Examiners, is a board-certified psychiatrist and holds medical licensure in New York, New Jersey, Virginia and California (in process).

He is a member of the American Medical Association, American Psychiatric Association, Association of Military Surgeons, American Association of Directors of Psychiatric Residency Training, Delaware Valley Directors of Residency Training, Pennsylvania Psychiatric Society, Neuropsychiatric Society of Virginia, San Diego Psychiatric Society, Society of Medical Consultants to the Armed Forces, American Association for the Advancement of Science and the U. S. Naval Institute.

His community service has been directed to drug abuse, telephone counseling, and family problems. He has authored some 20 articles and professional papers, appeared on



television talk shows, reviewed books, and originated an audiotape. Awards include a fellowship, American Psychiatric Association; AMA Physicians Recognition Award (five years); Navy Commendation Medal (twice), Navy Meritorious Service Medal, and a certificate of appreciation from the U. S. Department of State.

Dr. Sears' current interests include evaluation of Navy health care delivery approaches; non-medical reasons for seeking medical care, and psychosocial factors in the etiology of cancer.

The psychiatrist is married to the former Elsa Hale Weber. They have four children: Deborah, Joyce, Tipper and Wendy.

Dr. Smyth——

(Continued from Page 1)



at Da Nang, Vietnam, Naval Regional Medical Center, Orlando, Fla. (where he was Chief of Medicine), and at Yokosuka before duty at Oakland.

The captain holds the Navy Commendation Medal with Combat "V," Combat Action Ribbon, Navy Unit Citation, Presidential Unit Citation, Navy Good Conduct Medal, National Defense Ribbon, Vietnam Service Medal with three campaign stars, the Vietnam Meritorious Unit Citation, Vietnam Campaign Medal, and the Association of the Military Surgeons of the United States Medal.

Licensed in four states—New York, Connecticut, New Jersey and Florida—the physician holds membership in several professional societies including the American Medical Association, the Florida Medical Association, Orange County (Fla.) Medical Association, Florida Physicians Association, and the Association of Military Surgeons of the United States.

Dr. Smyth and his wife Ursula are parents of three—Donna, 18, Jennifer, 17, and Joseph, 5. Captain Smyth's mother, Mrs. Helen Smyth, also resides with the family. During his assignment here, the family lived in quarters on base.



Fr. Joseph Ferraro

'Father Joe'

New chaplain proven hero

In an interview for a newspaper a few years ago, Father Joseph Anthony Ferraro was quoted as saying, "I believe in what St. Augustine said, 'He who sings, prays twice.'"

And from what we hear about the new Roman Catholic chaplain commander here, he has a beautiful lyric tenor voice and obviously practices what he preaches.

The affable, outgoing "Father Joe" has a reputation for more than his singing, however. In at least three incidents in the past he has shown he is made of the same fibre as some of the bravest of heroes.

Shortly after he was first ordained as a priest he worked a year in a prison housing 500 convicted murderers and the criminally insane in New Jersey. Although there were other less serious incidents, at one time an inmate jabbed a ballpoint pen into his neck. "Father Joe," however, kept his cool and escaped unharmed.

A few years later while in the Navy stationed at Mt. Fuji, Japan, he reasoned with an irate Marine, making him surrender a live grenade that he planned to use to blow up his superior officer.

And, in early 1979 while a chaplain at the Naval Construction Battalion Center, Port Hueneme, Calif., he managed to talk a Navy wife into surrendering without a shot being fired 20 hours after she armed herself and held her sister and parents hostage inside a home. This action earned him the Navy and Marine Corps Medal for Heroism, the Medal of Merit from the Peace Officers Association of Ventura County, and the public praise of the Oxnard City Council and police officials.

Born in an Italian neighborhood of Philadelphia 40 years ago and reared in the suburban town of North Bristol, he later attended DeMatha Catholic High School in Hyattsville, Md., graduating as valedictorian of his class in 1958.

He then embarked upon a course of study for the priesthood. He was ordained in 1967 after attending St. Mary's Seminary College and University where he earned a bachelor's degree in philosophy and a master's in divinity.

Later study at Catholic University in Washington, D. C. made him eligible for a master of arts in English. Other postgraduate studies at California Lutheran College and at University of California, Berkeley, earned him another master's—in family counseling.

With 13 years of Navy service, "Father Joe" has been assigned with the Third Marine Division; Coast Guard Training Center, Petaluma, Calif.; Marine Air Station, Iwakuni, Japan; Port Hueneme, Calif., and Naval Support Activity, Naples, Italy. This is his first assignment to a hospital and he says he finds it very exciting and different from other billets he has had. He is Acting Chief of Pastoral Care Service pending the arrival of Captain L. Wayne Rushing later this summer.

In addition to the heroism medal, the Catholic chaplain holds Commendation Medals from both the Navy and Coast Guard.

While in Italy, he studied with Maestre from the Naples Conservatory of Music. His other off-duty interest is tennis, but he confesses that he isn't very good at it.

In a second confession he admitted to being a people lover. But he didn't have to tell us. It shows.—**Betty Beck.**

Fire danger seriou now and for holid

All of us are keenly aware tragic fires which have in p seasons engulfed thousands acres of beautiful countrysi killed wild and domestic anima and left numerous lovely home ruins.

Fire Chief Bob Bobbitt of Oak Knoll Fire Department wa us that it is going to be a long, summer here too and the f danger this year is particula high. The unusually heavy win and spring rains, coupled with recent warm, dry weather, h raised the fire danger in the gras hills here to a critical level. Ev the smallest spark can set of major wild fire, and the ch reminds us that every perso adult or child—must be extrem cautious in the use of fire or spar ing devices such as smoking, b becuing, mowing lawns, etc.

"To make matters worse," said, "The Independence Day h day is nearly here. Everyone reminded and cautioned that use of fireworks is forbidden law in Alameda County and Naval Regional Medical Cen grounds. Even sparklers, whi are normally considered to reasonably safe when the use supervised, create a very seri problem. I urge all personnel a their families, whether living on off base, not to use even sparkl this year, but rather to enjoy t numerous professional firewor displays offered to the public f each year."

PMT School to graduate 26

Graduation ceremonies will be held at 9 a.m. in the Clinical Assembly on July 9 for Class No. 97 of the Preventive Medicine Technician School. The students have completed a 26-week course involving all aspects of preventive medicine.

Following is a list of the graduates and their new duty stations:

HMC Mohammad S. Al-Garni, Saudi Arabia.

HM1 James Carrawell, Guantanamo Bay.

HM2 Joey F. Casiano, Naval Environmental Health Center, Norfolk, Va.

HM3 John R. Darney, Naval Regional Medical Center, Camp Lejeune, N. C.

HM3 Owen Devine, USS MT. WHITNEY (LCC), Norfolk, Va.

HM3 Gary L. Dover, CB Gulfport, Miss.

HM3 William C. Dwyer, Barstow, Calif. Branch Clinic.

HM1 David A. Fitch, NAVCOMSTA, Haroldholt, Australia.

HM2 Donald R. Gray, NRMC Oakland.

HM2 David W. Hillman, Subic Bay, Philippines.

HM2 Jack H. Howell, USS PUGET SOUND, La Madelena, Italy.

HM2 Michael D. Hughes, USS DURHAM (LKA-14), San Diego, Calif.

HM3 Mitchell D. Joyce, Roosevelt Roads, Puerto Rico.

HM2 Robert A. Joyner, Kings Bay, Georgia.

HM3 Keith B. Lambert, NRMC Okinawa.

HM1 Daniel V. Meyer, USCG, Government Island, Alameda.

HM3 Norma Kropelnicki, DVECC, Alameda.

HM2 Cynthia A. Moss, NRMC Japan.

HM2 Leonilo B. Oribello, USS ST. LOUIS, San Diego.

HM2 Timothy S. Porter, USS ORION, La Madelena, Italy.

HM2 Christopher J. Sheridan, USS BELLEAU/WOOD (LHA), San Diego.

HM2 Edward L. Shrum, MCB—3, Pt. Hueneme, Calif.

HM2 Ronald L. Spill, USS SACRAMENTO (AOE-1), Bremerton, Wash.

HM2 Albert C. Spinks, USS EL PASO, Norfolk, Va.

HM3 Kevin O. Strohschein, NRMC Japan.

HM3 Lawrence R. West, NRMC Guam.

Give kids safe ride

Automobile accidents are the leading killer of children between the ages of one and four in this country.

Some people think they can protect infants and young children from injury by holding them in their laps. They cannot. Starting with the very first ride home from the hospital, an infant should be secured in an approved safety seat.

Class of '82 graduates June 30

Graduation ceremonies will be in Clinical Assembly at 2 p.m. on Wednesday, June 30 for medical interns and dental general practice residents who have completed a year's training at this command.

Rear Admiral Walter M. Lonergan, Commanding Officer, will be the key speaker in the ceremony. Speaking for the class will be Lieutenant Susan J. Walker, Senior Medical Intern, and Lieutenant Robert S. Rolley, Senior Dental General Practice Resident. Others participating in the ceremony will be Catholic Chaplain (Commander) Joseph A. Ferraro, Medical Corps Captain Dale W. Oller and Dental Corps Captain George W. Oatis, Jr. A reception will follow in the Officers' Club.

Graduating medical interns and their new duty assignments are:

Lieutenants Michael R. Ambrose, Naval Aerospace Medical Institute, Pensacola, Fla.; Richard A. Bessette, Naval Mobile Construction Battalion 3, Port Hueneme, Calif.; Clarence H. Braddock, USS WICHITA (AOR-1); Roger D. Dainer, USS KANSAS CITY (AOR-3); Daniel L. Dale, Naval Aerospace Medical Institute; Kathleen K. Dale, Alameda Branch Clinic; Karlotta M. Davis, Naval Regional Medical Clinic, Annapolis, Md.; Patricia A. Duprey, Branch Clinic, Marine Corps Air Station, Iwakuni, Japan; Richard P. Erwin, Third Marine Division, Okinawa; Mark W. Flick, First Field Supply and Support Group, Fleet Marine Force, Camp Pendleton, Calif.

Also, Lieutenants Randal C. Franke, USS LONG BEACH (CGN-9); Mark W. Gow, Third Marine Division, Okinawa; Frank W. Hall, Naval Undersea Medical Institute, Groton, Conn.; R. Scott Hamilton, Third Marine Division, Okinawa; John R. Hanning, Naval Regional Medical Center Oakland (Obstetrics/Gynecology Residency); Gary S. Harris, Branch Clinic, Iwakuni; Frank M. Hartwick, Naval Aerospace Medical Institute; Rhett H. Hasell, Naval Regional Medical Center Oakland (Pediatric Residency); Konrad E. Hayashi, USS WHITE PLAINS (AFS-4); Lawrence M. Holm, Naval Regional Medical Center Oakland (Anesthesiology Residency); Edward W. Jewell, III, Naval Aerospace Medical Institute; William J. Kemerer, Jr., Naval Undersea Medical Institute; Leo Kusuda, Naval Regional Medical Center Oakland (Urology Residency); Peter B. Letarte, Naval Aerospace Medical Institute.

Also, Lieutenants Berry E. Lewis, Moffett Field Branch Clinic; Marc S. Muramatsu, USS ROANOKE (AOR-7); Steven R. Myrick, Naval Aerospace Medical Institute; Alison C. Nash, Naval Regional Medical Center Oakland (Pediatric Residency); John H. Oldershaw, Naval Aerospace Medical Institute; J. Kevin Pidkowicz, Marine Corps Air Station, Yuma, Ariz.; Marsha G. Pierdinock, USS JASON (AR-8); Mark A. Richardson, USS NIAGARA FALLS (AFS-3); Douglas C. Riehle, Naval Aerospace Medical Institute; Louis J. Saporito, Alameda Branch Clinic; Louis S. Sarbeck, Naval Mobile Construction Battalion 74, Gulfport, Miss.; William F. Siebert, Jr., Naval Mobile Construction Battalion 4, Port Hueneme; David J. Smith, Naval Undersea Medical Institute; Michael A. Turner, Naval Aerospace Medical Institute; Mark J. Wagner, USS MARS (AFS-1); Susan J. Walker, USS AJAX (AR-6); Ronald J. Williams, Naval Regional Medical Center, Camp Lejeune, N. C., and Dennis A. Wilson, USS SACRAMENTO (AOE-1).

Those completing dental residencies and their new assignments are Lieutenants Philip R. Eckman, Naval Mobile

(Continued to Page 5)

Only cremated remains accepte

The newly-appointed director of Veterans Administration's Natio Cemetery Area Office here, James Rankin, Jr., emphasized today that two national cemeteries in the Bay A were reopened June 1 for crema remains only, not casketed remains.

Rankin said he wanted to cla some confusion that evidently exi regarding the opening June 1 of two Bay Area national cemeteries the burial of cremated remains.

He said the VA's new program t went into effect immediately af Memorial Day, calls for the creation garden niches to provide for the d nified use of land unsuitable for inte ment of casketed remains.

For example, he said, cremation u will be interred in land, such as on h or along walkways, that ha heretofore, been unused in our natio cemeteries.

The San Francisco National Cem tery, located in the Presidio, w opened for the cremated remains approximately 5,000; the Golden G National Cemetery, located in near San Bruno, for the cremated remains approximately 20,000.

Shark hunt nets pot

The Tiburon is a warm-water sh that gobbles down everything in sig It is also the code name for an ope tion conducted by the Coast Gua Drug Enforcement Administratio Customs Service and others in cooperative effort to clamp down pot smuggling into the United State

And a highly successful effort was. In the 14-month period ending December, the Coast Guard seized vessels, arrested 495 crew membe and confiscated more than 1.7 milli pounds of marijuana.

edical center contributes 5,099 to Navy Relief

ributions totaling more than 0 have been collected as this lavy Relief Society drive winds se, according to a report sub- y LCDR R. Kirk Ridgeway, cam- hairman.

e contest among the keyper- ollecting the most individual ns, HN Barbara Miller of the eck was the most successful, d in order by HMCS Eddie "B" , Clinical Investigation Center; semary Nichols, Seventh Deck; ald Abad, Special Services; William Smith, Pharmacy; LT oble, Radiology; HM3 Charles , Ninth Deck; HM2 Donald Radiology; LCDR Mike Wilson, Service, and LT Frank Hall, tory. Miller won a $50 reward, n a 96-hour liberty, and Nichols our liberty.

sales conducted by Outpatient nent, Nursing Administration, ng Room and Fifth, Seventh, and Ninth Decks raised more ,500, while the Mexican Fiesta ed by Staff Education and g netted more than $200.

Nearly $400 went to the cause from softball games; more than $200 from the Sixth Deck-Operating Management Car Wash; nearly $400 from the raffle; more than $700 from the flower sale; $40 from the photo sale; more than $250 from the Bedpan Fun Run; $52 from an ENT-Housekeeping basketball challenge, and $19 from an arm wrestling challenge between LCDR O.T. Watkins of Occupational Therapy and HN Mark Forrest of Psychiatry.

Special thanks go to Alameda Coast Guard Federal Credit Union who contributed $25 towards first place keyperson prize plus special checking account services; Bob Parker for provisions of free keg of beer at MSC/ Chiefs baseball game; and to all keypersons as well as HM1 Joyce Burris of Physical Therapy, CDR Stan Bagbey of Nursing Service; LTJG Bob Owen, Military Manpower; LT Faith Weber, Food Service; LT Bob Burg, Operating Management, and ENS Kaki Douglass of Physical Therapy, all who worked hard to make this drive successful.

lian Advisory Board elects officers

ert Thompson of Supply Service anette Morgan, secretary to the f Medicine, have been elected nt and secretary, respectively, newly established Civilian Per- Advisory Board. Beverly Billman Alameda Branch Clinic will serve rnate secretary in Jeanette's ce and Betty Anderson of tory Service will work in an ry capacity with President son.

The officers were elected for a one-year term during a June 8 meeting of the board.

The group will next meet on July 8.

k Knoll history

Page 1)

i specialties approved by the an College of Surgeons and, in ction with health care delivery, ts clinical research in areas hav- ticular impact on the population s. The center is recognized and ted by the Joint Commission on ditation of Hospitals, the an Medical Association, the an Hospital Association, the an Dental Association, the an College of Physicians, Col- of American Pathologists, an Association of Blood Banks, e liaison committee of five sional organizations whose rs have reviewed and certified r residency programs in siology.

e its commissioning 40 years his hospital's commanding s have been CAPT F. E. Porter, F. R. Hook, CAPT A. H. Dearing, C.A. Broaddus, CAPT. S. S. CAPT. J. N. C. Gordon, RADM Bradley, RADM J. Q. Owsley, T.G. Hays, RADM C.L. ws, RADM H. J. Cokely, RADM rons, CAPT. G. M. Ricketson, H. P. Mahin, RADM R.E. t, RADM H.A. Sparks and RADM Lonergan.

18th commanding officer will e command on July 30 when Lonergan is scheduled to retire.

ss of '82--

Page 4)

ruction Battalion 74; Michael J. ch, Naval Support Forces, ctica; Shirley A. Nylund, Naval nal Dental Center, Yokosuka, n; Robert S. Rolley, USS VEPORT (LPD-12), and Carl K. ers, Jr., Branch Clinic, Iwakuni.

One-stop plan for travel needs now being tested

In a move to cut travel costs, the Department of Defense is considering proposals from the travel industry to consolidate travel needs in central locations.

The one-stop-shopping plan, already in use by corporations, covers ticket reservations and deliveries, car rentals, hotel reservations and printed travel itineraries.

According to the Military Traffic Management Command, the government will pay lower prices to carriers, car rental agencies and motel/hotel operators. A contractor performing this service would be paid by commissions and defrayed operating costs.

Under a one-year pilot program, DoD has selected three sites for testing the plan: Travis Air Force Base, Calif.; the Marine Corps Base at Quantico, Va.; and the Army's Tank Automotive Command in Warren, Mich.

New rail gun fires 10,000 mph shot

A new launching system being developed by Westinghouse under contract to the Department is expected to fire projectiles at more than 10 times the speed of sound. The launcher uses electromagnetic force to propel the projectile between two parallel rails.

In its first full-power test, the launcher propelled a 10-ounce projectile made of copper and plastic almost 10,000 miles per hour, penetrating a one-quarter-inch thick steel plate.

Defense applications in the 1990s could include electromagnetic guns able to fire shells that pierce armor which stands up to present munitions, and launch systems for aircraft.

Other applications of pulsed electromagnetic technology include firing pellets with enough mass and velocity to create nuclear fusion energy and new metal-forming processes.



NEW PWC HEAD—CAPT Charles "Mike" Maskell assumed command of the Navy Public Works Center, San Francisco Bay, on June 11 from CAPT David E. Bottorff who was transferred to becoming Commanding Officer of the Southern Division, Naval Facilities Engineering Command, Charleston, S.C. CAPT Maskell, who holds a master's degree in civil engineering, will be responsible for managing a $90 million-a-year Navy business. The center, located on Oakland Army Base, provides public works, housing, utilities, transportation, engineering and other support to major military activities (including Naval Regional Medical Center Oakland) and Navy ships in the Bay Area.





BOARD MEMBERS—Quentin Moore (left) of Housekeeping and Elias Sellars of Transportation are both members of the newly established Civilian Personnel Advisory Board.

MED • SCAN

A quick look at recent health care developments

The injuries suffered by amateur athletes have been charted by the sports injury clinic at Lenox Hill Hospital and they've come up with their top 10 hit list, which was published in *Therapaeia*. At the head of the list is **jogging, which accounts for 35.2 percent of the injuries. Racquet sports, 12.4 percent, basketball, 10.5 percent.** The rest of the top 10 in terms of causing injuries are ballet/dancing, football, snow skiing, weight lifting, baseball, martial arts and soccer. The most commonly injured areas of the body are knee (45.5 percent), ankle (9.8 percent) and shoulder (7.7 percent). Sports physicians emphasize the need for periodic stretching, especially for the aged athlete before he or she tries to swing a golf club or racquet. Physicians have also found that joggers tend to shorten their strides when they get tired, thus opening themselves to the possibility of injury.

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The survival rate for the 10 most common cancers showed marked improvement from 1969 to 1979, according to an analysis of 468,288 patients by the American College of Surgeons. The changes reported in five-year survival rates for some common cancers were: Breast cancer, 73 percent survival, up from 65 percent in 1969; lung cancer, 11 percent, up from nine percent; cancer of the colon, 50 percent, from 46 percent; prostrate cancer, 68 percent, from 57 percent; uterine cancer, 84 percent, from 75 percent. **The five-year survival rate for patients with Hodgkin's disease rose to 72 percent from 54 percent.**

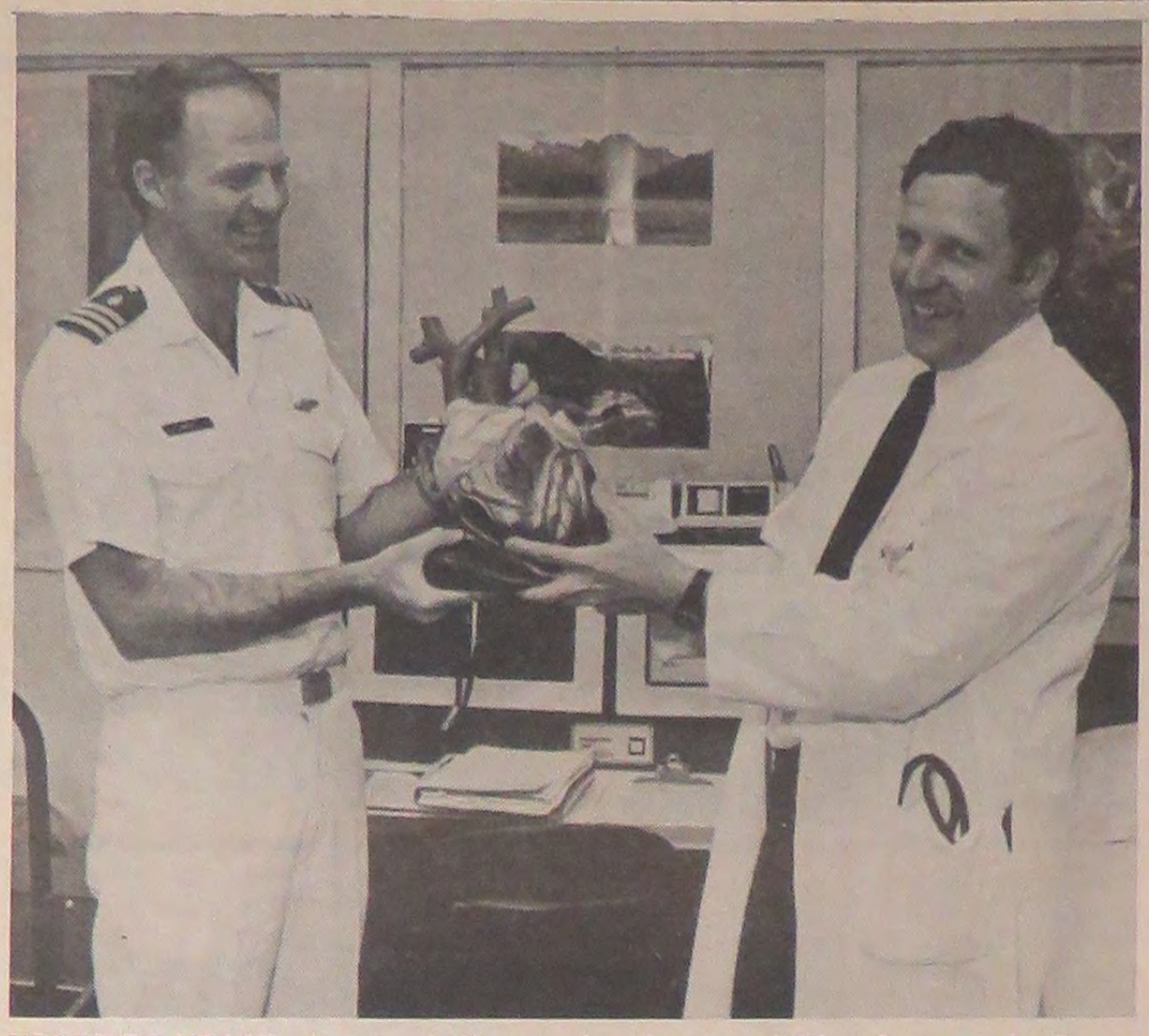
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Brooke Shields must have blood pressure bordering on the comatose, if a social scientist at Johns Hopkins University is to be believed. **He found that "unattractive" teenage girls tend to have higher blood pressure than attractive girls.** His research found that there is no such correlation between blood pressure and teenage boys' looks, or in adult men and women. According to the researcher the stress of physical appearance abates with maturity.

Current Oak Knoll job openings

Job Title, Grade	Service	Closing Date
Medical Record Technician GS-675-04	Patient Affairs	June 28, 1982
Secretary (Typing) GS-318-05	Comptroller	June 28, 1982
Lead Medical Record Technician GS-675-06	Patient Affairs	June 28, 1982
Supervisory Computer Operator GS-332-10	Management Information	June 29, 1982

Contact Civilian Personnel Service, Ext. 2116, for further information—Christine Lessler for Computer Operator position, Maurine Tinsley for all others.



HEART-TO-HEART—In a symbolic transfer of responsibility, Commander Roger E. Vielbig (right), passes the model of a heart to Commander Richard P. Umfried, III, who relieved him as Chief of Cardiology here. Dr. Vielbig, released from active duty, will enter private practice in the Pacific Northwest.

Light weight gain said OK for those who stop smokin

One thing that discourages some people from quitting smoking is fear of gaining weight. The evidence shows that some smokers will show a gain after quitting, but now medical researchers are saying that's OK—you will still come out ahead from a health and fitness standpoint.

About one third of those who quit smoking gain weight. Another third show no change, and the remaining third actually lose weight because they follow a combined exercise and diet program.

Even if you're one of those who tend to gain weight after quitting, you will show a net plus in physical condition if you're successful in kicking the habit. According to the National Center Institute, the average person would have to gain more than 70 pounds to offset the health benefits of not smoking.

Recent statistics show over 36 million Americans have stopped smoking. It takes determination and may inv more than one attempt but it has found that those who quit can re lung function and, after a perio time, the risks of smoke-related eases diminish.

Physicians urge smokers to con these risks that go with smoking:

All smokers develop emphysem some degree and have a significant of developing lung cancer, cance the larynx, lip, mouth, pancreas bladder. Smokers are also three t likely to die of a heart attack.

Women smokers not only enda their own health but, if pregnant, put their baby's health on the line. T are twice as likely as nonsmoker have miscarriages and they give t to 55 percent more deformed ba Infants whose mothers smoke are more likely to be admitted to hospital during the first year of usually with pneumonia or bronch

Research on alcohol and stress— getting tight can tighten you up

Will a few drinks relieve that tension you built up today? Maybe it was a hard day at the motor pool or the firing range, or maybe the captain jumped all over you for that overdue report. If a few drinks will help loosen you up, will a few more be even better?

Not so, according to a Rutgers University researcher, who found that heavy drinking by a person under stress can increase, rather than lower, the tension level.

The researcher, Dr. Larissa Pohorecky, says that heavy drinking can cause the body to increase its production of fatty acids and the stress hormone corticosterone.

"When levels of these two substances are increased, so is stress," says Dr. Pohorecky. "We have found that a small amount of alcohol will reduce their levels; however, continued drinking will reverse this, increasing the levels of the substances and the stress load on the body.

"Exactly why this happens has yet to be learned," she continued, "but we do know that people who drink while under stress will feel better if they drink smaller amounts of alcohol and drink slowly."

The research, funded by a grant from the National Institute on Alcohol Abuse and Alcoholism, is one of only a few such studies currently examining the effects of alcohol on people under stress.

Navy helps curb drug traffic

The guided missile destoyer USS FARRAGUT (DDG 37), recently towed two vessels seized by the U. S. Coast Guard into San Juan, Puerto Rico, with their crews under guard, marking the first time that a Navy ship has taken an active role in law enforcement and interdiction of drug smuggling in the Caribbean.

The assistance was repeated June 10 when the ocean minesweeper USS FIDELITY (MSO 443) escorted the fishing vessel "YVETTE" into Key West, Fla.

FARRAGUT, commanded by CDR Stephen A. Jaracki, was on routine operations in the Caribbean when asked for assistance by Coast Guard officials. The U. S. Coast Guard Cutters BIBB (WHEC 31) and INGHAM (WHEC 35) rendezvoused with FARRAGUT June 3. Each cutter transferred a captured drug-smuggling vessel and crew to the Norfolk-based destroyer for transport to San Juan. Coast Guard personnel from each cutter also embarked in FARRAGUT to guard the prisoners and to retain custody of the seized boats and their contraband cargos. During the tow transfer and while enroute to San Juan, FARRAGUT displayed the Coast Guard ensign from a yardarm halyard.

One of the captured vessels, the merchant ship "RIO PANUCO," was seized by the cutter INGHAM based on information provided by the destroyer USS CONOLLY (DD 979). CONOLLY's Officer of the Deck identified the RIO PANUSO as a "suspect vessel" which conformed to the Coast Guard's published profile of typical smuggling ships. CONOLLY reported the ship's position by message to the Coast Guard, which halted the craft, finding more than 50 tons of marijuana onboard. **The seizure is the second largest in the history of drug interdiction efforts.**

Coast Guard officials commended CONOLLY for the "timely and thorough report" which enabled them to mobilize and intercept the RIO PANUCO.

FIDELITY, Commanded by LCDR R. S. Rawls, was called upon to escort the YVETTE into port after the high endurance cutter DALLAS (WHEC 716) boarded and seized the craft. The fishing vessel steamed into Key West under the command of a U. S. Coast Guard officer with a Navy crew assisting. The vessel's crewmembers were held prisoner by a U. S. Coast Guard detachment aboard FIDELITY.

The expanded Navy participation in drug enforcement is a result of President Reagan's commitment to strengthen drug interdiction efforts throughout South Florida. It is expected that providing towing and prisoner transport services for U. S. Coast Guard units will enable those Coast Guard units to remain at sea, in position to intercept suspected smugglers, for longer periods of time. Navy assistance has also included patrols by E-2B and E-2C "Hawkeye" airborne early-warning aircraft to detect drug smuggling planes.

Coming down hard on drugs

The Department of Defense plans to toughen its stance on drug and alcohol abuse. This was emphasized by Dr. John H. Johns, Deputy Assistant Secretary of Defense (Drug and Alcohol Abuse Prevention), in a statement before the House Appropriations Committee recently.

Dr. Johns reported that the Department of Defense has made considerable progress in reducing the abuse of most drugs. But the abuse of alcohol and cannabis (marijuana) remains about the same.

"Coping with cannabis and alcohol abuse will be difficult," he said, "because of the nature of the problem with these drugs. Abuse is largely associated with the transition from adolescence to mature adulthood. Both substances are viewed in a similar vein by young people. Our tough punitive measures must be accompanied by a long-term, systematic effort to change attitudes toward these two substances."

Dr. Johns further noted that DoD's past efforts in reducing drug abuse have been hampered by two significant obstacles.

The first was a court decision limiting the action that could be taken based on urinalysis results. Second the lack of reliable test equipment detecting cannibis use thro urinalysis. Both these obstacles now been removed.

With legal authority to use urinal results for punitive actions and ability to detect cannabis by urinal DoD has announced policy guida that gives commanders the tool take a tough position on drug abu

Drug abuse policy to include civilian

Secretary of the Navy John Lehm has issued instructions which amp established Navy Department policy drug abuse to include civilian pers nel.

ALNAV 73/82, dated June describes "measures to be take with regard to civilian employe including non-approriated fu employees, and by contra employees, to eliminate the effects drug offenses on the reliability readiness of the naval personnel naval units."



"It's not that we don't need you, Albert. . . . it's just that we don't want any pot heads in this outfit!"

Alaskan visits for training

Otolaryngology Service hosted a isitor from a distant state during the veek of June 7-11, in the person of Ir. Jess Gunlik, an affable, handsome, ull-blooded Eskimo who came to Naval Regional Medical Center Oakland o learn more about audiometrics.

Gunlik, an employee of the Yukon-uskokwim Health Corporation who orks as an assistant to a physician's ssistant/audiologist under contract vith the Indian Health Service, is from ethel, Alaska, a fishing village of bout 4,000 persons located in the outhwest, approximately 400 miles rom Anchorage.

He travels via small aircraft to 48 mote villages of the Bethel Service nit Hospital from September to May, xplaining that during those cold months, the school kids are not in fish amps and the men are home from the anneries. During the summer he and he other health team members work in he Bethel office, catching up on paper-ork and seeing referrals of patients of ll ages from health aides, public health fficials, and even school teachers.

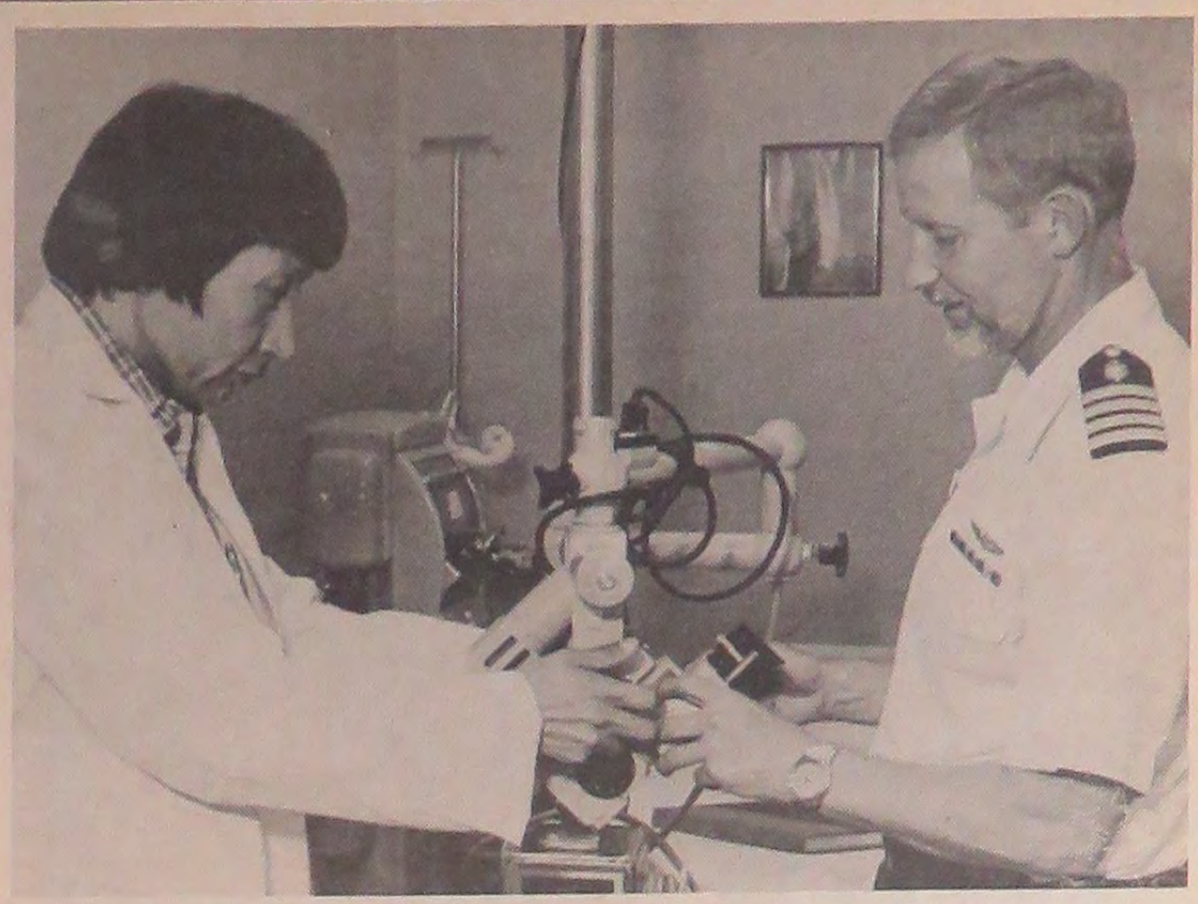
"We see quite a bit of chronic air disease in the ears of the people," he said, adding that he personally believes environmental factors or possible dietary deficiencies may be responsible.

Originally from Kipnuk, a small settlement also in Southwest Alaska, he attended public schools in Bethel and one year at a trade school in Madera, Calif. Returning to Alaska in 1969, he joined the Alaska Army National Guard and served as a corpsman after completing Clinical Specialist School at Ft. Lewis, Wash.

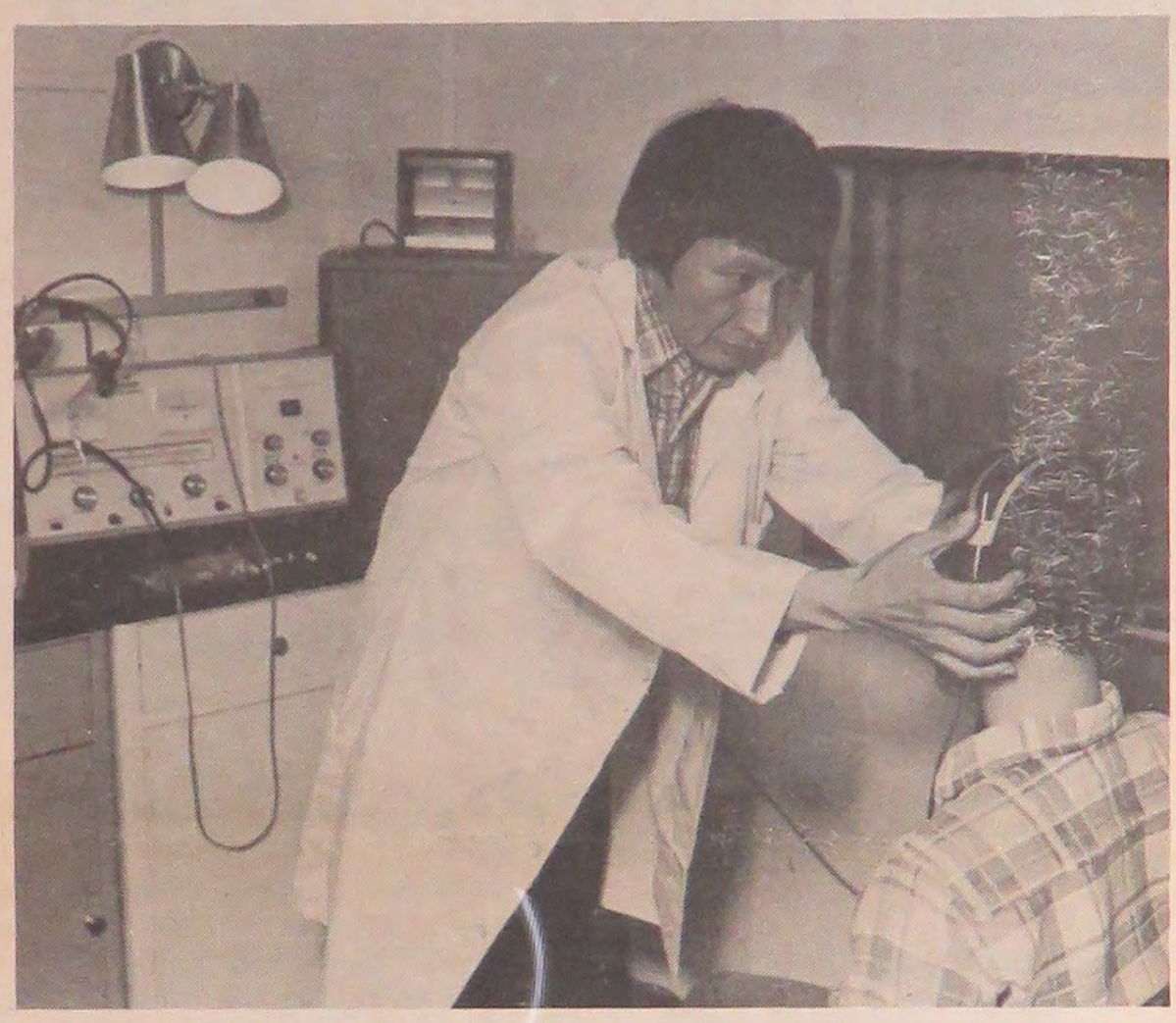
Gunlik is married and the father of three boys and a girl ranging in age from one to 12. "We're all Yupiks (full-blooded Eskimos)," he said proudly.

On the day that we talked to him, the temperature was about 70 degrees, but he said the heat bothered him and he was anxious to return home to do some salmon fishing and dry the meat in strips to sustain his family throughout the winter.

"People here have been so friendly... but I really don't like big cities," he confessed.



BRIEFING—Jess Gunlik of Bethel, Alaska, is briefed on the operation of medical equipment used in the Oak Knoll Otolaryngology Service by Captain C. Gordon Strom.



TESTING—The Alaskan health technician conducts a hearing test as part of the audiology training he received during his recent visit to the medical center.

Reba Carruthers retires



Reba O. Carruthers

"There were more beautiful days than bad," said Reba O. Carruthers as she retired June 11 after 17 years at Oak Knoll, most of them spent as a licensed vocational nurse in the hospital nursery. Four additional years of federal employment were at the VA Hospital in Seattle.

"I've worked so long—it's time to quit," she commented, explaining that she would work longer but medical problems preclude it.

Born in Linden, Texas, and reared in Texarkana, Mrs. Carruthers took nurses's training in Seattle. She will return to that city to visit friends for four months, then return to her Oakland home and work two days a week from a nursing registry.

In her free time she will continue with her sewing and church projects.

Mrs. Carruthers has a married son who also lives in Oakland. The nurse is grandmother to four.

Executive secretaries meet monthly for lunch

Thirty-three Oak Knoll secretaries e meeting informally once a month lunch to get better acquainted.

The idea originated in April 1981 ith Mary Takai, Secretary to the rector of Clinical Services, when she arned that many of the secretaries to iefs of Service knew each other only voices over the phone.

The group is informal, with no icers. Each month the activity is anned by two members, on a rotating sis. They usually meet in the fficers' Club or Porthole. On June 8, owever, they decided to have a picnic the recreation area on base. Kay heatley and Marcia Lucas planned the affair and reportedly did a great job.

In addition to those mentioned, the group is comprised of Vicky Armstrong, Blanche Bingham, Maureen Cammack, Jean Chambliss, Norma Compton, Ramona Dodds, Lisa Gabut, Betty Harrison, Sue Holm, Mary Ann Hopper, Jewel Hopson, Edna Hudson, Celeste Hunter, Karis Jackson, Sara Lou Knight, Helen Koetitz, Dorothy Laurence, Marge Lesage, Jane Lippincott, Mary Lyle, Marion Mooney, Jeanette Morgan, Joan Payne, Marge Ritchie, Susan Stark, Delma Shanahan, Gertrude Silva, Alice Small and Laverne Whittington.

Corpsman aids stricken seaman

The destroyer USS PETERSON (DD-39) responded to a medical distress ll May 23, providing emergency eatment to a 23-year-old American erchant seaman stricken with an ute viral infection. The seaman, a ewmember of the offshore supply ssel NORTHROP TIDE, was suffering ain and severe swelling as a result of e infection.

The U.S. Coast Guard directed ETERSON to NORTHROP TIDE'S osition, whereupon the destoyer's corpsman, HM1 Jack Witzenfeld, was transferred to the merchant supply ship by motor whaleboat. Witzenfeld quickly stabilized the man's condition, allowing him to remain aboard NORTHROP TIDE for transportation to Martinique and further medical treatment. PETERSON then resumed its transit to Plymouth, Monserrat.

PETERSON, Commanded by CAPT G. M. Grunwald, is homeported in Norfolk, Va.

Two complete X-ray training

Certificates accrediting them as X-Ray Technicians were given June 9 to Johnette Wilson and Rick Newkirk, who completed one year of training at Naval Regional Medical Center Oakland and Merritt College.

Twenty hours a week were spent at Oak Knoll for the first half of the year with didactics being done at Merritt College. During the second half of the year the students spend 40 hours a week at the hospital.

Hospital Corps Chief Cris R. De Rosas, the program director, said the students get a well-rounded education in Radiology because we have such a busy and varied department here. "The students get to spend time in all phases of the department from the front desk to the working of many of the different X-ray machines," he said.



STUDIES COMPLETE—Rick Newkirk and Johnette Wilson, Merritt College students, receive certificates as qualified X-ray technicians from Rear Admiral Walter M. Lonergan, NRMC Oakland commanding officer. The students spent a year in supervised on-the-job training at the medical center in addition to classroom instruction at Merritt.



COMMISSIONED—New Medical Service Corps Ensign Mu Dow waits patiently as Captain John Lucas (left) and Commander Noel Hyde, both from Pharmacy Service, attach her first shoulder boards.

Pharmacy technician commissione

Newly-commissioned Medical Service Corps Ensign Mu Ying Dow is to be assigned as a Pharmacy Officer at Lafayette River Branch Clinic, Norfolk, Va.

The former Hospital Corpsman Second Class took the officer's oath on June 7 from Captain J. R. Lucas, Chief of Pharmacy Service at Naval Regional Medical Center Oakland where Miss Dow has been assigned for a little more than two years.

"I am grateful for my fellow workers' support which enabled me to achieve this honor," she said. "As one of four female pharmacy officers in the Navy, I hope to see the role of women expanded in this area. I feel that the Navy offers an excellent opportunit for women to realize their career goal in a supportive atmosphere."

The daughter of Harry H. Dow an the late Louise S. Dow of Bosto Ensign Dow earned a bachelor o science in pharmacy from Northeaster University in her hometown.

Following boot camp at Orlando, Fla and Corps School at Great Lakes, Ill she was assigned to Oakland.

She is a member of the third plac team in the Tuesday night mixed bowl ing league here and was voted th most improved player, 1981-82.

Her other off-duty interests are hor seback riding, tennis, aerobics, dancin and reading.

Kudos.....

SPECIAL ACHIEVEMENT AWARD
David Lankford, Housekeeping Service.

LETTERS OF COMMENDATION
MMC Richard Spencer, Public Works.
CDR Roger Vielbig, Medical Service.
CAPT Paul Regan, Dental Service.

LETTERS OF APPRECIATION
HM3 Alvin Drakeford
LCDR Arie Maman
HM3 Paul Nichols

GOOD CONDUCT AWARDS
HM2 Stephen Stroud
HM2 Katherine McClure
HM2 Jeffery Bodson
HM2 Joanne Doyle
HM3 Joseph Gallagher
HM3 Richard Williams
HM3 Vannessah Walker
HM3 Donald Parker
DN Adrian Brown
DT2 Alejardo Delacruz
HM3 James Vishoot
HM2 Sherman Lynch
GMG1 Reginald Day
HM2 Amy Hirschinger
HM2 Librado Verano
HM2 Michael Keller

CERTIFICATE OF TRAINING
Millie Lumley, CHAMPUS Office

REENLISTMENT
GMG1 Reginald Day

HM3 Atkinson praised

CAPT Robert B. Watts, Commanding Officer, Naval Air Station, North Island, San Diego, has written this command applauding the conduct of Petty Officer Stephanie Atkinson while she was a member of the 1982 Women's All-Navy Basketball Team. The training camp was hosted by NAS North Island.

CAPT Watts said HM3 Atkinson "was a superb representative of your command and of the Navy—both on and off of the basketball court."

Stephanie is assigned to Patient Affairs Service. She was the NRMC Oakland Sailor of the Month last September.

Career Capsules

Budget process delays benefits

Implementation of several new travel allowances approved by Congress last year has been delayed, because funds have not yet been made available.

The benefits affected by the delay include:

--**temporary lodging expenses (TLE)** four days reimbursement for living expenses incurred by Navy members and their families while on permanent change of station moves within the continental United States.

--**funded emergency leave,** which would provide funded commercial transportation for members and dependents stationed overseas when government transportation is not available.

--**funded environmental leave,** which would provide funded transportation for environmental and morale leave for members and dependents stationed at remote duty stations.

--**non-temporary storage of household goods** for ship or unit deployments when the member is assigned temporary duty or deployed in excess of 90 days.

--**temporary storage of household goods** in excess of 180 days when a member is unable to accept delivery because of deployment.

The Navy has requested supplemental funding from Congress for the TLE program and has submitted reprogramming requests to fund the remaining programs. Under the federal budget process, implementation plans and program funding must again be approved by Congress.

All armed services have been affected by this process. Navy officials emphasize that all affected benefits have been authorized and should eventually become effective. Current estimates are that implementation plans and funding will be approved late this summer. (CHINFO)

Comings and Goings-------

"Fair winds and following seas" to the following personnel who have recently departed this command:

CDR Roger Vielbig, Medical Corps, released from active duty.

HN Keith D. Session, 3rd Marine Division, FMFPAC, Okinawa, Japan.

LT Mary Hartman, Medical Corps, released from active duty.

HM3 Joseph Alto, NSHS, San Diego, Calif.

HN Gregory Marlatt, 2nd Marine Division, Camp Pendleton, Calif.

HM1 Clifford Stone, Naval Food Management Team, San Diego.

CWO2 Charles Lesher, Moffett Field Branch Clinic.

MS1 Ricardo Delacruz, USS HECTOR (AR-7), homeported at Oakland.

HN Rex Lippold, 1st Marine Division, FMFPAC, Camp Pendleton.

LTJG Julie Ann Wierzbowski, Nurse Corps, released from active duty.

HN Randall Shovall, 1st Marine Division, Camp Pendleton.

HN Madison McGuire, 3rd FSSG, Okinawa.

HN Howard Hill, 1st FSSG, Camp Pendleton.

HN Toren Brown, 1st Marine Division, Camp Pendleton.

LCDR Arie Maman, Medical Corps, released from active duty.

HM2 Laura Christensen, released from active duty.

CAPT Paul F. Regan, Naval Regional Dental Center, Newport, R. I.

HN Daniel Daniels, 3rd Marine Division, Okinawa.

HM3 Paul Nichols, NSHS, Bethesda, Md.

HM3 Caryl Ward, NSHS, Bethesda.

LCDR Victoria Monroe, NRMC Camp Pendleton.

LT John Schliefer, Wright-Patterson Air Force Base, Ohio.

HN Manuel Cheo, 3rd Marine Division, Camp Lejeune, N. C.

HN Gregory Tucker, 1st Marine Division, FMFPAC, Camp Pendleton.

OM3 Steven Fiscus, USS PROTEUS (AS-19), homeported in Guam.

HN Barbara Gilhousin, released from active duty.

HM2 Richard Rudowski, released from active duty.

HM3 Jon Junker, USS DULUTH (LPD-6).

HM3 Roland Phillips, Det. B, 1st FSSG, FMFPAC, El Toro, Calif.

HN Mildred Olsen, released from active duty.

HN David Duke, 1st Marine Division, Camp Pendleton.

HM2 Merito Espinosa, released from active duty.

HA Paul Reid, 3rd FSSG, FMFPAC, Okinawa.

LCDR Eileen Meriwether, released from active duty.

HA Sharon Abel, NRMC Portsmouth, Va.

HN Mark Horton, NRMC Naples, Italy.

HM3 Mark MacFadzen, Naval Station Keflavik, Iceland.

HM3 James Ceely, Det. A., 3rd FSSG, FMFPAC.

HN Norman Cooper, released from active duty.

HA Rochelle Jackson, Alameda Branch Clinic.

HM3 Barbara Butler, NRMC, Yokosuka, Japan.

HA Gloria Stewart, Treasure Islan Branch Clinic.

HA Henry Starr, Naval Hospital, Cherry Point, N. C.

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"Welcome aboard" to newly arrived:

HM3 Thomas Petrilak, PMT School.
HM3 Mitchell McNair, PMT School.
HM3 Julie Ullrich, PMT School.
HM3 Laurence Pickel, X-ray School.
HM3 Paul Jackson, PMT School.
HM3 Terrell Perkins, PMT School.
LCDR Robert Evans, MC, Treasure Island Branch Clinic.
CDR Melvin Britton, MC, ACDUTRA.
ENS James Blair, Clinical Clerk.
ENS Lisa Richter, MSC Laboratory.
HM3 Jon Bangs, PMT School.
HR Thomas Neubauer, ER/PCC.
HM1 Michael Roach, PMT School.
HM3 Deborah Schafer, PMT School.
HM2 Blaise Fossum, PMT School.
HM3 Vicki Zeller, PMT School.
HA Carl Mayberry, X-Ray School.
DTP1 Steven Anderson, Dental Service.
HM3 Michael Duncan, PMT School.
HM2 Nestor Feliciano, PMT School.
HM2 Aurelio Picait, PMT School.
CDR Jayne Jacobson, Nursing Service (Staff Education).
HR Sarah Burns, Nursing Service.
HA Valerie Castro, Nursing Service.
HM3 Michele Lewandowski, PT/OT.
HM1 Robert Gurney, PMT School.
HM1 Gerald Jackson, Cardiopulmonary Lab.
HN Julie Dryer, OR School.
LT Steven Carlton, OB/GYN.
LTJG Debra Carlton, Nursing Service.
DTC Don Adams, Dental Service.
SA Don Rickel, Ortho Clinic.
ENS Anthony Jaime, Nursing Service.
LT Joseph Bermudez, Intern (Anesthesia).
HN Janice Scott, OR School.
CAPT Charles Grier, Medical Service Corps, ACDUTRA.
CDR William Nevel, Medical Corps, ACDUTRA.
LCDR Carol Hinger, Nursing Service.
LT Norman Leslie, Chaplain Corps, ACDUTRA.
HMCS Ed Saxer, Supply Service.



"Try not to push this button—It starts World War III."



CHOLARSHIP WINNERS—These young men and women are being assisted in ollege study through scholarships awarded by the Naval Regional Medical enter Officers' Auxiliary. They are (l to r) Cynthia Mangonon, Jennifer Zanzot, hannon Daugherty, Margaret Caldwell, Jim Flom and Suzanne Montoya.



NEW OFFICERS—Three of the principal officers for the 1982-83 term of the medical center officers' auxiliary discuss plans for the coming year. They are (l to r): Nancy Upton, Treasurer; Beverly Roemer, President, and Deena Koenig, Vice President. Not pictured are Margie Holm, Corresponding Secretary, and Jackie Baker, Recording Secretary.

Auxiliary bids farewell to departees, presents scholarships and awards

The Naval Regional Medical Center Officers' Auxiliary held its farewell luncheon for departing members on June 9 in the Officers' Club, an occasion that also honored scholarship winners, introduced new club officers and the "Woman of the Year," and recognized four hospital staff civilians for support.

Outgoing President Lesley Kopp was selected to receive the "Woman of the Year" award for her service to the club. She received an engraved personal plaque and her name has been added to the larger one on permanent display in the medical center administrative suite.

Gifts were presented to Rita Lonergan and Ursula Smyth, outgoing Honorary Auxiliary President and Vice President, respectively, whose husbands are leaving the command.

Scholarships of $750 each went to Jim Flom and Margaret Caldwell, while $200 scholarships were awarded Cynthia Mangonon, Suzanne Montoya, Jennifer Zanzot and Shannon Daugherty. Jim will enter Stanford to study engineering (aerospace and aeronautics) or biomedical. Margaret will attend Stanford Law School next fall after completing pre-law studies at Berkeley. Cynthia will study computer engineering at UC Berkeley, Suzanne medicine at the same university and at University of Pacific, while Jennifer will major in education at UC Santa Barbara, and Shannon will study electrical engineering at Purdue University.

New officers and chairpersons of the club for the 1982-83 term are: Beverly Roemer, President; Deena Koenig, Vice-President; Margie Holm, Corresponding Secretary, Jackie Baker, Recording Secretary; Nancy Upton, Treasurer; Shirley Golden, Roseann Tedesco and Mrs. Kopp, Advisors; Mary Jo Mehlum and Liz Taylor, Program Chairpersons; Barbara Hamelberg, *Figleaf* Editor; Beth Hyder, *Figleaf* Circulation; Eileen Tomzak, Ways and Means; Roseanne Healy, Reservations; Becky Keck, Activities; Mrs. Kopp and Margaret Rocconi, Publicity; Nancy Hanning, Cookie Chairperson; Diane Hinman, Intern Advisor; Marty Hamilton, Dental Corps Representative; Vivian Millard, Retired Personnel Representative, and Mrs. Tedesco, Scholarship Committee Chairperson.

Certificates were awarded club members detaching from the command and houseplants were presented to Mary Takai, Kris Clemens, Nancy Campulli and Betty Beck in appreciation for their support of club activities.

Following the luncheon and presentations, Ellen Silge spoke on Bay Area family outings.

Dancers wed

Lisa Gabut, secretary to the Chief of reventive Medicine, became Mrs. Ray guilar on June 19 when the couple xchanged wedding vows in the acred Heart Church in Oakland.

Ray, an accountant who works in an Francisco, is a member of the ame group of Polynesian dancers that isa has been performing with for everal years.

They are honeymooning in Hawaii.



"WOMAN OF THE YEAR"—Lesley Kopp, outgoing President of the Naval Regional Medical Center Officers' Auxiliary and wife of Lieutenant Commander James Kopp of Orthopedics, was selected as the club's "Woman of the Year" for her outstanding service.

hildren's classics o be offered here

On Saturday, July 10, Special Services will start screening a series of lassical films for the weekly children's atinee. The series will continue for 26 eeks.

All of the films in this series will be G" rated (general subjects) and all will e family-type movies. The first of the eries will be "The Black Arrow," ollowed by "The Connecticut ankee" and "Marco Polo" (animated ersion).

Courts uphold short cuts

Here's fair warning: don't yell at the ostman for walking across the lawn ou just mowed, whether it be your wn lawn or one belonging to a military ost, camp or station.

That's right: postmen can legally ake short cuts across your lawn to each your mailbox, and at least three ederal courts have affirmed the Postal ervice regulation that is designed to rovide efficient mail delivery service.

Both South Bend, Ind., and Youngstown, Ohio have tested the regulation with local ordinances limiting where postal carriers can walk. Federal judges in both cases found that the ordinances were in conflict with federal law and unconstitutional.

In the latest test, the Ninth Circuit Court of Appeals ruled that a similar Pittsburg, Calif., ordinance had already slowed mail deliveries and, because of overtime, led to higher costs.

Pickup allowance on cars overseas

Taking your wheels with you on an overseas tour? Military members on permanent change of station orders are now eligible for a one-way, 16-cents-a-mile allowance when delivering or picking up a privately-owned vehicle from an authorized shipping port.

The allowance, authorized by a recent amendment to the Joint Travel Regulation, is payable only for the portion of travel *with the vehicle* to or from the port. In other words, before you pick the vehicle up or after you drop it off, you are on your own, at your own expense.

Delivery and pickup can be accomplished by the member—either as a separate trip or concurrently with the move—or by the member's dependents or by anyone the member elects.

For further information contact your transportation office.

VA expands mortgage guarantee

The Veterans Administration has expanded its mortgage guarantee program to include the Graduated-Payment Mortgage (GPM). The loans will be made by commercial lending institutions, after review of the applicants' credit worthiness, with repayment guaranteed by the VA.

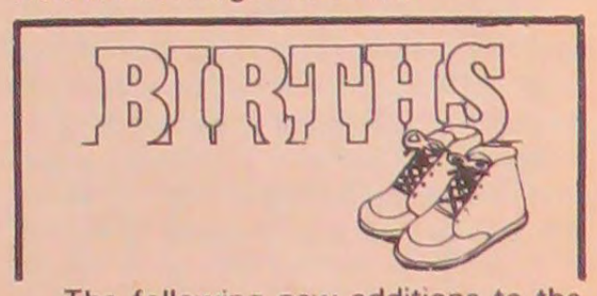
The GPM program is an addition to the VA's traditional fixed-rate, no-down payment mortgage guarantee offered eligible veterans.

Under a GPM, monthly payments start out lower than fixed-rate mortgages. Part of the interest due on the loan is deferred each month and added to the balance of the loan. Under a fixed-rate mortgage, principal and interest payments are identical for the life of the loan.

Only those GPM programs with annual 7.5 percent payment increases on the loan anniversary over a period of five years will be guaranteed by the VA. After the fifth year, payments level off at a fixed amount. At that point the GPM becomes like a fixed-rate mortgage.

The GPM guarantee program will require a down payment, unlike the fixed-rate guarantees. This may be as low as 2.5 percent of the sale price or reasonable value of the property, whichever is lower.

More information may be obtained from the loan-guaranty division of the nearest VA Regional Office.



The following new additions to the military medical "family" have arrived at Naval Regional Medical Center Oakland:

A baby girl to Lieutenant Nelson Clark, Occupational Therapy, and his wife Kimberly, June 3.

A baby boy to Hospital Corpsman Third Class Angela M. Nelson, ENT, and her husband Michael, June 6.

A baby boy to Hospital Corpsman Third Class David R. Camlin, Mare Island Branch Clinic, and his wife Carole Lee, June 12.



THE BULL PASSES—With her recent promotion to LTJG, Deborah Prekker of Laboratory Service passes the traditional bull to Ensign Mike Curran of Patient Affairs, who now becomes the "bull ensign" of the command. (LTJG Prekker, from her expression, seems glad to see the statue change hands).

Chaplain's corner

You + God = Majority

By LT Jay L. Hoppus, CHC, USN
Protestant Chaplain

"Pray, Lord, how can I deliver Israel? Behold, my clan is the weakest in Manasseh, and I am the least in my family." Judges 6:15

Computers can solve problems in minutes that would take individuals days and years to resolve. They work fine with figures and testable variables. But they are unable to compute the influence of one factor which alters situations, defies mathematical and logical predictions, and brings success out of apparent failure. That factor is called faith.

What would the computer say about a situation such as this? A nation of several million people had been subdued by a hostile invader. The conquered Israelites had to hide out in caves and couldn't harvest a crop in seven years. Each planting was destroyed by the invaders and other hostile tribes surrounding them. In this desperate situation, what would the computer recommend?

Find a leader to lead a revolt? Store up a vast supply of munitions, rise up against the oppressor and defeat him by sheer force of numbers? The lar Israel was without all of these and ble to launch an apparent su attack against such a large en Looking at the Old Testament sto Judges, of 32,000 possible recruit an attack, 22,000 were coward their own admission. And of 10,000 remaining, 9,700 could pass a basic test of survival. So computer now has 300 left to v with. And now a leader. . .? Well, would suggest a farmer by the nam Gideon, a man of many doubts qualms (see my opening scrip again), and a man of towe inferiority.

To these unpromising potentials these statements of God: *"So r send you?"* and *"I will be with y* What would the computer say to a this? Judges 6:11 through 7:23 ries the total story. Gideon and small number of 300 men, plus t trust and faith in God, routed enemy.

That unknown factor, faith in G when applied to our many proble and the "invasions of our lives," prove all human calculations wr We can find and experience that person or a small number, plus G equals a majority of enough stren and help for any situation in life.

What to do

If involved in government vehicle crash

If you're driving a government vehicle and you have an accident, what should you do?

According to transportation policy officials in the Pentagon, these are the steps to take:

1. Stop immediately.

2. Summon aid as appropriate and assist the injured, but do not move them unless it is essential for their protection.

3. Warn other motorists of any existing highway hazards. During hours of darkness or poor visibility, use flares or reflectors.

4. Do not express any opinions (either orally or in writing) to anyone at the accident scene. Avoid talking to claimants or their agents concerning liability, investigation findings or the possibility of a claim approval.

5. Complete SF-91 (Operator's Report of Motor Vehicle Accident). If because of injury or death, the driver cannot complete the form, the next senior person directly responsible for motor vehicle operations will complete it.

6. Comply with state and local laws governing the reporting of vehicle accidents. Channel such reports to the appropriate claims officer so that the rights of the government will not be prejudiced by an admission of liability that might obligate the government.

7. Stay at the accident scene until released by state law or proper authority.

8. Obtain clearance from the claims officer before delivery of any accident report to a third party, including state or local officials. Official accident investigation reports are not to be made available to a claimant, or to any individual or representative of any non-DoD organization.

9. Fill out DD Form 518 (Accident Identification Card) at the scene of the accident if possible. If not, do it as soon as possible and give it to people directly concerned. The form provides people involved in the accident with the identity of whoever is authorized to act on the matter.

10. Deliver the completed SF-91 to the motor transport officer.

The regulation pertaining to all this is DoD 4500.36-R.

Former PHS hospitals— 40-mile ruling applies

CHAMPUS users who live within 40 miles of one of the five Public Health Service (PHS) hospitals recently designated for use by military personnel and their dependents should be aware that the CHAMPUS "40-mile rule" now applies to those facilities.

The five hospitals, located in Baltimore, Md., Boston, Mass., Nassau Bay, Texas, Seattle, Wash. and Staten Island, N. Y. now serve all eligible military personnel, retirees and their dependents.

Eligible persons seeking non-emergency hospitalization (inpatient care) must first seek such care from one of these facilities if it is within 40 miles of the patient's residence. If the facility cannot provide the kind of care sought, the hospital administrator can provide a "certificate of non-availability," enabling the eligible CHAMPUS patient to turn to a civilian hospital for the required care.

The hospitals were among 10 former PHS facilities recently named to provide health care service to the military community. The other five were PHS outpatient clinics, which continue to provide the same services to members of the Uniformed Services.

Following is a list of the facilities, including their locations and new names.

Former PHS Facility	Current Name
Hospitals	
Baltimore, Maryland	Wyman Park Health System
Boston, Massachusetts	Brighton Marine Public Health Center
Nassau Bay, Texas	Hospital of St. John
Seattle, Washington	Seattle Public Health Hospital
Staten Island, New York	Bayley Seton Hospital
Outpatient Clinics	
Cleveland, Ohio	Lutheran Medical Center
Galveston, Texas	St. Mary's Hospital
Houston, Texas	St. Joseph Ambulatory Care Center
Port Arthur, Texas	Family Practice Center of Port Arthur
Portland, Maine	Coastal Health Services

Free counsel for widows

The loss of a husband can devastating, and for some women feeling of being unable to cope lasts many months or even years. The P chotherapy Center at UC-San Fr cisco's Langley Porter Psychia Institute offers treatment for wido to help them work out their grief a adapt to a new life.

A 12-week session of individ treatment or participation in a mut help group is offered to women w have been widowed for a period of f months to three years. The progra part of a three-year study of differ methods for helping widows to co with bereavement. The research psychiatrist Charles Marmar, MD, a research specialist Nancy Wilner now in its final stages, so this is the l opportunity for widows to participa

There is no charge for the treatme In addition to attending therapy mutual help group sessions, t women will be asked to participate evaluation interviews before and af the series of sessions. Confidentia will be respected.

For further information, contact G Krasner at 681-8080 extension 513 510, Monday through Friday, 8 a.m. 5 p.m.

ID renewal takes time for special dependents such as parents, adult children

Getting an ID card for the spouse or children is, in most cases, relatively simple and takes little time. Due to Public Law, however, there's a little more to getting ID cards for parents, parents-in-law and unmarried children over 21 who are mentally or physically incapacitated or who are full-time students.

Basically, parents and parents-in-law must be dependent on the sponsor for over 50 percent of support and reside in a residence the sponsor provides or maintains.

For a child over 21 to be entitled to an ID card, the sponsor must be providing over 50 percent support and the child must be:

—incapable of self-support due to a condition which occurred or existed prior to the 21st birthday, or

—not past his or her 23rd birthday and enrolled in a full-time course of study in an approved institution of higher learning.

For parents, parents-in-law and children over 21 to receive ID cards, a dependency determination must be accomplished on initial card issue and for each reissue. A dependency determination requires the sponsor to give detailed financial support information, student status information and, for an incapacitated child over 21, a curre doctor's statement.

Since eligibility verification involvi dependency determination requir more time, it is a good idea to conta your local personnel office at lea three months before you need the ca or before the old one expires.

★★★★★

ireen, green grass of home nay be setting for tragedy

Boy, can you fly through that lawn e you've got the old power mower gging away! Besides, you've got to h in time for the ballgame, picnic or atever the family has planned.

Or, maybe your youngster is mow- the lawn now. It's good training in ng their share, and it's good exer-

Nobody has catalogued what was in minds of the 70,000 adults and ren injured last year by power ers, but the emergency room rds where they were treated con- a grisly list of serious, sometimes manently maiming wounds.

Among the most common incidents cut short someone's lawn mowing sion—or somebody's day who was king past an operating mower—e (1) Hands coming into contact a rotating blade, (2) Getting hit by cts propelled by the mower, (3) rturning mowers (especially the rid- kind) and (4) Getting run over by a ing mower.

Here are some common sense rules operating power mowers from the . Consumer Products Safety Com- sion;

-Never allow young children to rate power lawn mowers, and keep n away from the area when you are ving.

-Wear sturdy, rough-soled work es and close-fitting slacks and s. Never operate the mower in bare , sandals or sneakers.

—Rake away wires, cans, rocks and twigs before you start mowing.

—Never mow a wet lawn, becase you could slip and come in contact with the rotating blade. Also, the wet grass could clog the blades and tempt you to try to clear the machine without first turning it off.

—Always turn off the mower and wait for the mowing parts to stop before you leave it.

—Always turn off the machine and disconnect the spark plug wire or the electric plug when you need to unclog or adjust the machine. If you don't, a slight touch of the blade could trigger it to complete a full rotation, with deadly effect.

—Mow across the slope when using a hand (walk-behind) mower. With a riding mower, however, drive up and down the slope for stability.

—Never go into reverse without looking behind you—some of the most serious mower accidents involve backing into children.

—When using an electric mower, be careful not to run over the cord or entangle it in the blades. Start mowing the grass nearest to the electrical outlet and gradually move out.

—Wait for at least one-half minute after shutting off the engine to be certain the blades have stopped.

—Push—don't pull—a hand mower.

—Never remove the safety shield or any other safety devices on a lawn mower.

—Never refuel a mower while it is running nor while the engine is hot.

—Never refuel a mower indoors; unseen vapors may be ignited by a spark.

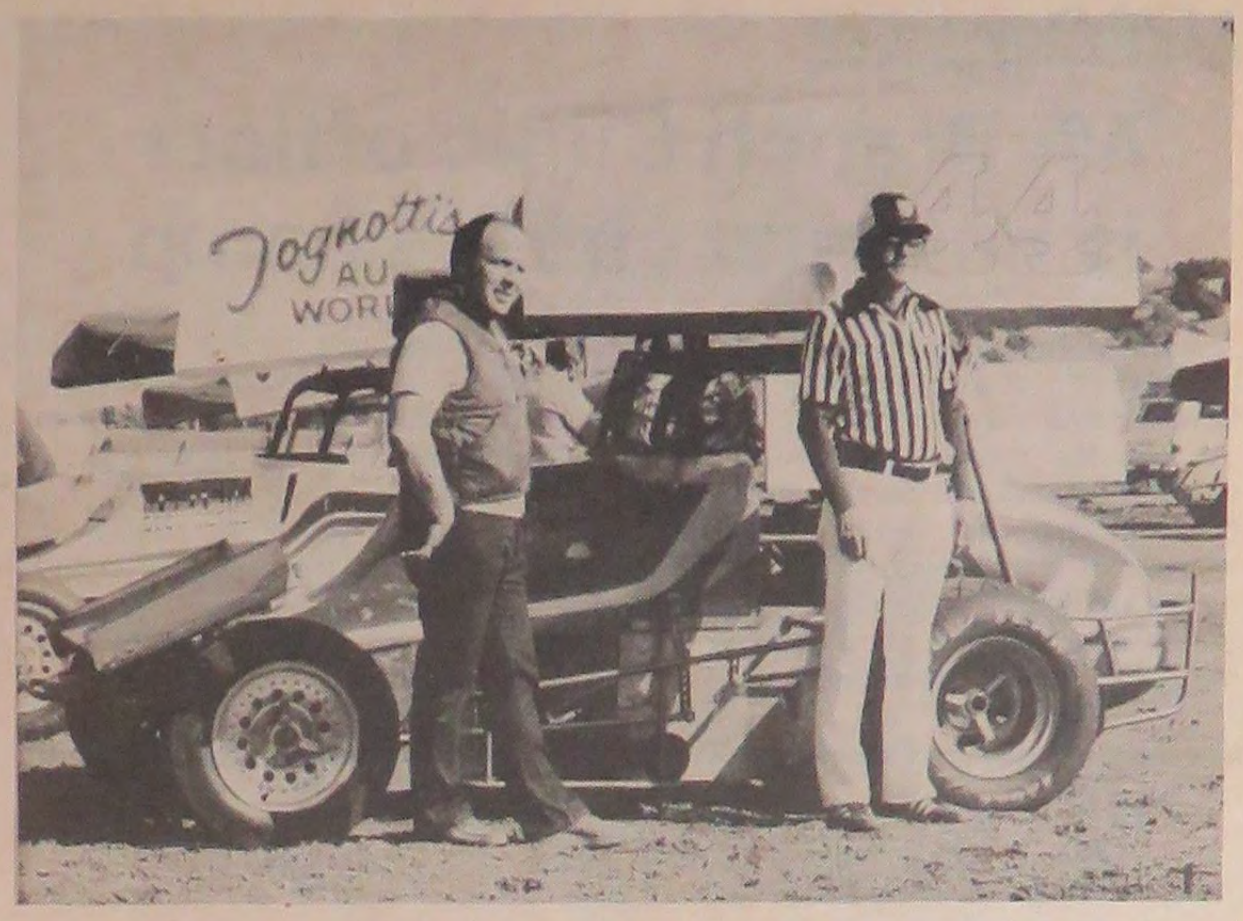
—Start the mower outdoors, not in a garage or basement where carbon monoxide gas can collect.

—Don't smoke around the mower or gasoline storage can; gasoline fumes can easily ignite.

—Keep children away from the machines and the gasoline.

—Read the owner's manual and pay attention to its recommendations before each use of the mower.





GO BUGGY—NRMC Oakland Blood Bank Supervisor Norman Woehrman (striped shirt) poses with Billy DesChamps of Lakeport in front of DesChamps' winged sprint car which is driven in Northern California races by Fred Grant of Santa Rosa.

(Photo by Harold Allbritton)

Blood Bank super is weekend pit boss

If we told you one of our staff members works as a pit boss on weekends during the summer, you'd most likely associate him with one of those green eyeshaded characters at the Tahoe and Reno gambling casinos, wouldn't you? In the case of Blood Bank supervisor Norman Woehrman, you'd be wrong.

For the past three years, from April through mid-October, Norm spends his weekends as pit manager for all the winged sprint cars entered in the racing circuit that covers Petaluma, Dixon, Calistoga, Fremont and Chico. One of his prime responsibilities is lining up the cars for the program in the estimated 42 races each season.

When he took up this hobby shortly after retiring from active duty in the Navy, he worked in the pits as "Head Wrench" (top mechanic).

"I'm just a frustrated race driver at heart," he explained, adding that he doesn't quite have enough nerve to drive, so joins in on the excitement through officiating.

Aging problem? Call for help

At first thought, the problem of aging does not seem to pertain to the military family, since military people usually retire from active duty at relatively young ages. Aging problems do arise occasionally, however, in regard to elderly dependents of servicemembers.

A question commonly raised is what services are available for elderly people in specific areas of the country.

Answers to this and other questions about aging or the aged may be obtained by writing to:
The Social Gerontology
Resource Center
P.O. Box 231
Silver Spring, MD 20907

The center operates a toll free number between the hours of 8:30 and 5 p.m., Eastern time. It is (800) 638-2051.

Residents of Alaska and Hawaii and non-local callers in Maryland may call collect, (301) 565-4269.

Mark Trail's OUTDOOR TIPS
BOATING SAFETY SERIES



Karate lessons available in gym

Karate classes, beginner to expert, are being conducted Monday, Wednesday and Thursday afternoons in the Oak Knoll gym under the instruction of third degree black belt Sensei Carl Hultin. Students, who may begin the training at any time, practice one and a half hours daily in the Japanese style of karate called Shinto ryu.

Karate is an ancient oriental art of self defense which employs only hands, feet and other parts of the body—hence the name, which in Japanese means "empty hands."

It is a martial art that can be practiced by everyone—men, women and children. Karate training is a tremendous way to get and stay in physical shape and at the same time learn a highly effective means of self defense. It also develops character and builds coordination and speed.

The karate practioner must develop mental and physical strength and discipline. The training stresses a systematic exercise program, fighting and defense techniques and stylized forms (kata). The different colors of belts one sees in a dojo (school) indicate different levels of advancement. As students become more proficient in the art, they advance from the beginner's level (white belt) to the expert (black belt).

Hultin is an experienced student of many of the martial arts, including Shotokau, Tai Kwon Do and Judo. He has a third degree black belt in Shito ryu and second degree black belt in Kobudo (Okinawan weapons), and has competed nationally, as well as internationally in Japan. The Japan Karate Organization of which Hultin is the chief instructor, is headquartered in Dublin.

If you are interested in learning this art, call Ron Brown in Special Services at Ext. 2350.

Red Cross helps the Armed Forces

For the year ending June 30, 1981, the American Red Cross provided 3,487,057 services to the Armed Forces and veterans at an expenditure of $58,801,000.

The services include assistance with communication between personnel and their families, counseling in personal and family problems, financial aid and assistance with leave and obtaining of benefits.

LTJG Shepardson

MI Branch Clinic officer is national chess champ

LTJG John Shepardson, Industrial Hygiene Officer at the Mare Island Naval Shipyard Branch Clinic, took first place in the reserve division of the recent 1982 United States Amateur Chess Tournament. The Medical Service Corps officer won his first five games and drew his sixth for a score of 5-1/2 to beat out 98 other entrants in the class and win the trophy.

The tournament, which was held May 29-31 at San Mateo's Dunfey Inn, was the first United States Amateur to be held on the West Coast. Each game ran from five to eight hours.

Shepardson hopes to qualify to represent the Navy in the next Armed Forces Chess Championship, a five-man team event that pits the best of the military chess players.

A day you won't forget!

By Sally Young

The American River is the most popular river west of the Mississippi for those who come to ride its white water rapids. It is fast becoming a national attraction.

Peak run-off time in the spring is not good for paddleboats, but from mid-June on, conditions are best to experience the river in this manner. During the summer months the water is controlled by a dam above the "put-in" point. Water rises rapidly during the morning and by 10 a.m. the "pussycat" has turned into a bucking bronco!

Once you have run this river in summer (with expert instruction from guides) you will be considered qualified for even more dangerous white water such as the Upper Klamath, the Merced, or, ultimately, the Tuolumne River.

If you sign up for the Aug. 14 Oak Knoll special river raft trip, a bus will transport you to the "put-in" place at Chili Bar on the American and you can begin a day you will never forget... a day that will certainly give your adrenalin a workout as you paddle for dear life... a day of fun, waterfights, swimming and thrills followed by a super picnic at the end of the river run. Come join us. You'll see!

Call me in Special Services, 639-2479, for additional information.

Deadlines must be met for discount trips, tickets

Most of the trips and a lot of the tickets to events and concerts are at a special group rate through the Special Services office on base. Group rates are based on the number of participants and on advance orders.

This means that if we have a sufficient number of persons signed up for an event, trip or concert—**and signed up by an early specified date**—we can get the special rate. **Beyond the deadline, Special Services must give up its options and release commitments to vendors if there isn't sufficient response.** Therefore, if you are interested in an event, don't wait until the deadline has past to express that interest!

Signing up will not cost anything until the deadline is met, except a refundable deposit, if you wish to be certain of your reservation. All deposits paid are totally returnable up to the specified deadline. **Beyond that date, funds have been paid to vendors and are no longer refundable unless a substitute buyer can be found.**

Discount books for sale on base

Special San Francisco Bay Area Military/DoD Civilian Employee discount coupon books are now on sale at the Special Services Ticket Office. The books sell for $3.50 each and can save you many times that amount.

This discount program has been especially designed to suit the needs of Navy personnel. Coupons, good until March 31, 1983, are for such places as Taco Bell, Sizzler, Denny's, Burger King—even the Blue and White Fleet's Bay Cruise.

Slowpitch Softball Standings

Games played through June 10

Team	Wins	Losses	Pct.
PMT School	7	1	.875
MSC	4	1	.800
Lab	3	1	.750
Anesthesia/Peds/OB	3	1	.750
Special Services	4	2	.666
Gen. Medicine	4	2	.666
Med. Repair/Pharmacy	1	2	.333
Dental	1	2	.333
Nursing Service	1	2	.333
Ortho	1	3	.250
CPO	1	5	.167
NP	1	5	.167
Sixth Deck	0	5	.000

Farrier, Ratti fastest runners

Following are results of the recent "Bedpan Fun Run," held to benefit the Navy Relief Society:

5.3 Milers

Place	Name	Time
1	Paul Farrier	32:30
2	Jerry Ratti	34:35
3	John Davidson	35:02
4	Randy Gutzman	35:21
5	John Brown	37:10
6	Charles Fankhauser	38:22
7	Dale Mass	38:27
8	Thomas Chancellor	38:30
9	Steve Stewart	40:34
10	Chris Whitehead	40:45
11	Gordon Strom	41:08
12	Bill Young	42:09
13	Kenneth MacRae	42:31
14	Mark Dawson	42:32
15	Joseph Abbott	43:09
16	Cynthia Moss	43:17
17	Greg Gibbons	44:25
18	Barney Rabold	45:05
19	Kaki Douglass	50:40
20	Paul Rocconi	53:20

3 Milers

Place	Name	Time
1	Julios Ratti	16:34
2	William Smith	21:02
3	Lamberto Castillo	21:21
4	Wes Hodge	21:27
5	Michael Hogg	21:36
6	David Dominique	25:49
7	John Harrold	26:38
8	David Mehlum	26:49
9	Ulysses Ratti	27:35
10	Lesley Kopp	28:18
11	Nick Ratti	30:15
12	Christopher Sheridan	30:53
13	Cathy Ratti	30:58
14	Margie Laudolff	35:26
15	Beatrice Harrold	36:30



ALOHA!—Hospital Corpsma Second Class "Monty" Martine was the lucky winner in the rece drawing to benefit the Navy Reli Society, and thus will be off some day soon to collect his prize—a vaca tion in Hawaii.

MOVIES

Friday, June 25, 6:30 p.m.—THE SHINING—Jack Nicholson, Shelly Duvall—Horror/R

Saturday, June 26, 1 p.m.—THE ARISTOCATS—Phil Harris, Eva Gabor—Animated Musical/G

Saturday, June 26, 6:30 p.m.—CABOBLANCO—Charles Bronson, Jason Robards—Adventure/R

Sunday, June 27, 6:30 p.m.—THE FRENCH CONNECTION—Gene Hackman, Roy Scheider—Drama/R

Monday, June 28, 6:30 p.m.—THE FIRST DEADLY SIN—Frank Sinatra, Faye Dunaway—Action/R

Tuesday, June 29, 6:30 p.m.—THE SEDUCTION—Morgan Fairchild, Michael Sarrazin—Suspense/R

Wednesday, June 30, 6:30 p.m.—BAD TIMING—Art Garfunkel, Theresa Russell—Drama/R

Thursday, July 1, 6:30 p.m.—THE AMATEUR—John Savage, Christopher Plummer—Drama/R

Friday, July 2, 6:30 p.m.—THE PRIVATE EYES—Tim Conway, Don Knotts—Mystery Comedy/PG

Saturday, July 3—CLOSED—HOLIDAY

Sunday, July 4—CLOSED, HOLIDAY

Monday, July 5—CLOSED, HOLIDAY

Tuesday, July 6, 6:30 p.m.—IT'S MY TURN—Jill Clayburgh, Michael Douglas—Romantic Comedy/R

Wednesday, July 7, 6:30 p.m.—ENTER THE NINJA—Franco Nero, Susan George—Action/R

Thursday, July 8, 6:30 p.m.—THE BORDER—Jack Nicholson, Harvey Keitel—Drama/R



"When I told everyone you were here for a very small operation, they all insisted it must be brain surgery!"

Classifieds

FOR SALE

Cape Dory 19' Sailboat. Solid, safe, full keel boat with classic lines. Outboard, anchor, extras. $5,200/best offer. J. Bethel, 846-1583.

U. S. Government Printing Office
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THE

OAK LEAF

Vol. 44, No. 13 | Naval Regional Medical Center, Oakland, California | Friday, July 9, 1982

:O, DCS, DAS

Command execs began as Hospital Corpsmen

The top three executives of Naval egional Medical Center Oakland, all in ne process of detaching from this ommand, are breaking up a tripartite robably unique throughout the Medi- al Department, and possibly the Navy. hey all began their military careers in nlisted status.

Rear Admiral Walter M. Lonergan, oon to relinquish command and fficially retire, served at the same ospital nearly 40 years ago as a phar- acist's mate in World War II. He as selected for medical school at the niversity of Buffalo School of ledicine and received his degree of octor of medicine in 1948. He subse- uently interned at the E.J. Meyer lemorial Hospital, and was trained in ostetrics and gynecology at the isters of Charity Hospital and Meyer lemorial, both also in Buffalo. He was ommissioned in 1951 in the U. S. avy Medical Corps and subsequently dvanced through the ranks to Rear dmiral in early 1975. He has com- anded NRMC Oakland since July 977 where retirement ceremonies will e held in his honor on July 30, 1982.

Navy Medical Corps Captain Joseph Smyth, who has served as Director Clinical Services at the Oakland nter for the past two years, will ssume command of the U. S. Naval Regional Medical Center, Okinawa, Japan, in early August. Dr. Smyth enlisted in 1953 and advanced to the rate of Hospital Corpsman First Class in 1957. He next attended Fairfield University and later earned a medical degree from Creighton University School of Medicine. The former petty officer then enrolled in the Navy's Senior Medical Program and interned at Naval Regional Medical Center, Philadelphia, completing his internal medicine residency at the same hospital in 1968.

Commander Frank D. Fisher, Director of Administrative Services here since August 1979, was recruited into the Navy in August 1952 and served through the Hospital Corps rates all the way to Chief Hospital Corpsman. He was commissioned an ensign on Nov. 1, 1964, and later earned a bachelor of science degree in business administration with George Washington University. The Medical Service Corps officer also is a graduate of several Navy schools, including the Naval School of Health Care Administration, Naval Justice School and Field Medical Service School. He also will leave Oakland in August to assume a new billet as Executive Officer of the Naval School of Health Sciences in San Diego, Calif.



MEMORIES—Three former Navy Hospital Corpsmen, high-ranking officers today, recall their early military careers in enlisted status. They are (left to right), Medical Service Corps Commander Frank D. Fisher, Medical Corps Rear Admiral Walter M. Lonergan, and Medical Corps Captain Joseph P. Smyth, who holds the Hospital Corps Insignia.

Aloha party to honor CO

An aloha party in honor of our retir- g commanding officer, Rear Admiral Valter M. Lonergan, and his wife Rita, ill be held in the Oak Knoll Officers' ub on Thursday night, July 29. The casion will also welcome the new skipper and his family.

Tickets at $20 per person are now available from Chiefs of Service at Naval Regional Medical Center Oakland and from Officers in Charge of the regional clinics. **Tickets must be purchased no later than July 20.**

The event is open to all officers and their guests and to civilian staff members of equivalent grade. Dress is informal civilian attire, preferably Hawaiian style (muumuu's for ladies; aloha shirts or jackets, etc. for gents).

The party will begin at 6 p.m. with a social hour, followed by dinner at 7 p.m., a program, Polynesian entertainment, and dancing to music furnished by Navy Band San Francisco. Captain William Clayton will serve as master of ceremonies.

A luau buffet will feature pineapple and banana rumaki, pork won ton with sweet and sour dip, teriyaki strips, oriental salad, polynesian chicken, whole poached salmon, pansit (oriental noodles with ham and green onions), fresh skewered fruit, whole roast pork, mango and banana date breads and a ceremonial white cake with lemon custard filling, topped with whipped cream and sprinkled with coconut. A no-host bar will be open all evening.

Retirement and change of command ceremonies are scheduled for 9:30 a.m. the following day, July 30, by the flagpole at the main entrance to the hospital. All enlisted staff members and civilian employees are invited to attend a reception in the main dining room immediately following the formal military ceremony. A second reception for officers and special guests will follow at the Officers' Club on base.



ETACHING—Captain Warren W. odge, Regional Health Care Coor- inator here for the past three years, ill depart the command next week r a new billet at the naval medical enter in Pensacola, Fla., where he ill become Director of Clinical Ser- ices, a position he also held at the laval Hospital, MCAS Cherry Point, . C. before his transfer to Oakland. he Medical Corps officer is a flight urgeon who has served in the Navy nore than 24 years. Dr. Hodge's osition at NRMC Oakland will be illed by Captain James Black.

HM2 Knopp earns wings

Hospital Corpsman Second Class Barry D. Knapp, Aerospace Medical Technician at NAS Fallon Branch Clinic and this region's Sailor of the Month for January, has now earned his wings as an inflight medical specialist in the UH-1N SAR helicopter.

Kapp was officially designated an air crewmember by recent letter order from the commanding officer of the Navy air station which stated, in part, "The designation of SAR Inflight Medical Specialist is issued only to those individuals who have continually demonstrated the maturity as well as the technical ability required to complete the assigned duties. As Medical Specialist you will be assigned to duties including but not limited to Search and Rescue and Medical Evacuations. Your responsibilities include the welfare of passengers and the care of the aircraft and the medical equipment. You are specifically directed to maintain your equipment at maximum readiness and efficiency and keep yourself in top physical condition."

The petty officer underwent rigorous training for the certification, including the practice of repelling from hangar rafters, swimming and survival training at NAS Lemoore.

As a member of the SAR crew he is on call for emergencies at all hours of the day and night, as well as occasional watches at the clinic.



OFFICIAL AIR CREWMAN—HM2 Barry D. Knapp has earned the right to wear wings as an official air crew member of the Search and Rescue team headquartered at Naval Air Station, Fallon, Nev. Pinning on the insignia is Medical Corps Lieutenant Terry Keller, also of the Fallon Branch Clinic.
(U. S. Navy Photo by PH1 M. Cotton)

Editorial---

'No better Navy'

Farewell message from retiring CNO

As I take in the lines for the last time, I want to express to all Navy men and women, civilian and uniformed alike, that my pride in you and all that you are accomplishing for this wonderful land of ours knows no bounds. You are the finest professionals ever assembled. Your jobs may be tough and demanding, but you have met every challenge and exceeded every expectation.

Over the weekend, I read a story filed by one of the wire services which erroneously reported that I said in retiring I am leaving behind a Navy inferior to the Soviets. I want all of you to be aware that I have never said that, nor do I believe it.

Although the U. S. Navy does not possess the clear, comfortable margin of superiority which we are committed to have over the Soviets, that does not mean that the U. S. Navy is inferior. I want all Naval personnel to know that I do not us as second best to any Navy.

As I end a most rewarding four years as your Chief of Naval Operations, knowing that there is no better Navy than the United States Navy, nor wil ever be. My every thought will be with you as you grow in experience, strengt and professionalism. Godspeed.

Admiral Tom Ha

(Editor's note: Admiral Thomas B. Hayward retired on June 30 in ceremonies the U. S. Naval Academy, Annapolis, Md. Admiral James D. Watkins, forme mander in Chief, U. S. Pacific Fleet, is now Chief of Naval Operations.)



A day to recognize POW/MIA's

Congress has, by joint resolution, designated July 9, 1982 as "National P. O. W. —M.I. A. Recognition Day." A presidential proclamation for the occasion has been issued and is quoted in its entirety for your information and guidance:

"Since the Revolutionary War, when General George Washington complained of the treatment accorded to captured soldiers of the Continental Army, the United States has recognized the uncommon hardships experienced by our soldiers held prisoners during times of war. Called upon to defend American ideals while undergoing extreme adversity in violation of fundamental moral standards and the international codes and customs for the treatment of prisoners of war, our soldiers have fulfilled their duty to their services and country.

"Similarly, our country has recognized the acute suffering experienced by the families of our soldiers held captive or missing in action. The uncertainty these service families live with day-to-day surely touches the heart of every American.

"The Congress has by joint resolution designated July 9, 1982 as National P. O. W. —M. I. A. Recognition Day and on this day we should recognize the special debt owed to our fellow citizens who gave up their freedom and their families in the service of our country. We must also remember our still-missing servicemen, for whose families, relatives and friends the anguish and bitterness of war are enduring aspects.

"Our nation must not forget and will continue to seek answers to their fates.

"Now, therefore, I, Ronald Reagan, President of the United States of America, do hereby designate July 9, 1982 as National P. O. W. —M. I. A. Recognition Day, a day dedicated to all former American prisoners of war, to those still missing and to their families. I call on all Americans to join in honoring those who made the uncommon sacrifice of being held captive in war, and their loved ones. I call upon state and local officials and private organizations to observe this day with appropriate ceremonies and activities."

Answer is simple

Why a strong defense?

Why do we need a modern, well equipped Army, Navy, Air Force and Marine Corps?

The answer is simple enough when you look at the history of the world.

During the last 3,400 years, the world has known only 268 years without wars, according to the late Will and Ariel Durant in their book, "The Lessons of History." This works out to only a little more than one day of for every two weeks of rec history.

Opponents of a strong mi would do well to remember the of the philosopher George Santa who said, "Those who cannot re ber the past are condemned to it."

Space age education

Too much too soon?

I watched a TV special the other night that featured little kids using comput a matter of routine in their classroom work.

Many of these little Jacks and Janes, no more than seven or eight years o were nonchalantly viewing a wealth of electronically printed information light on the screens, while others tapped into these complicated-appearing mac with fingers no longer than kitchen matches.

The facial expressions showed confidence and interest, but certainly no awe of the teachers bragged about how much the computers have improved he dents' academic grades and how, in the higher grades, this method of instru slashed the rate of school drop-outs.

She added that within 10 years anyone who doesn't use word-processor related advanced technology would indeed be considered "illiterate."

Now that's a pretty shocking statement to us oldsters who learned readin', and 'rithmetic the old-fashioned way, some of us literally to the "tune of a hi stick" as well. It's more than shocking—it's frightening—and I suppose we'd t think about taking some lessons in this new way to communicate, just a learned rock 'n roll and disco when the foxtrot became passe:

Somehow, there is a certain bittersweetness about the entire technol revolution in this country. "They" say life will become so streamlined soon t won't even be necessary for us to leave our home to work, or to do our bankin shopping. The days of poking around the rosebush to find out where the kid t the morning newspaper will be history. We'll get the news instantaneously, fla right up there on the screen. There'll be no need for bookcases to house our fav literary classics; neither will we have to store boxes of yellowed newspaper pings of favorite recipes. Just punch a few buttons and retrieve the directions on our computer. Could be some day soon when one of the accessories to this e ment will zoom right into the kitchen and cook our meals for us.

Somehow, we lost one of the pleasures of family life when cake mixes developed commercially several years ago. Remember how much better t desserts were when they were "mixed from scratch" with farm fresh ingredien and loving hands?

Not that I'm putting down all this convenience brought to us by modern sci advancement. I just think we have to guard against becoming a colony of robot no longer look our fellow humans in the eye.

Let's hope those bright kiddies in the computerized classroom continue to up all that knowledge. I'd feel more comfortable about it, however, if I knew hopscotch would become as equally popular as "Star Wars" in future generatio

Betty B

NAVAL REGIONAL MEDICAL CENTER
OAKLAND, CALIFORNIA

RADM W.M. Lonergan, MC, USN, Commanding Officer

CAPT H. James T. Sears, MC, USN, Director of Clinical Services

CDR Frank D. Fisher, MSC, USN, Director of Administrative Services

Editor: Betty Beck

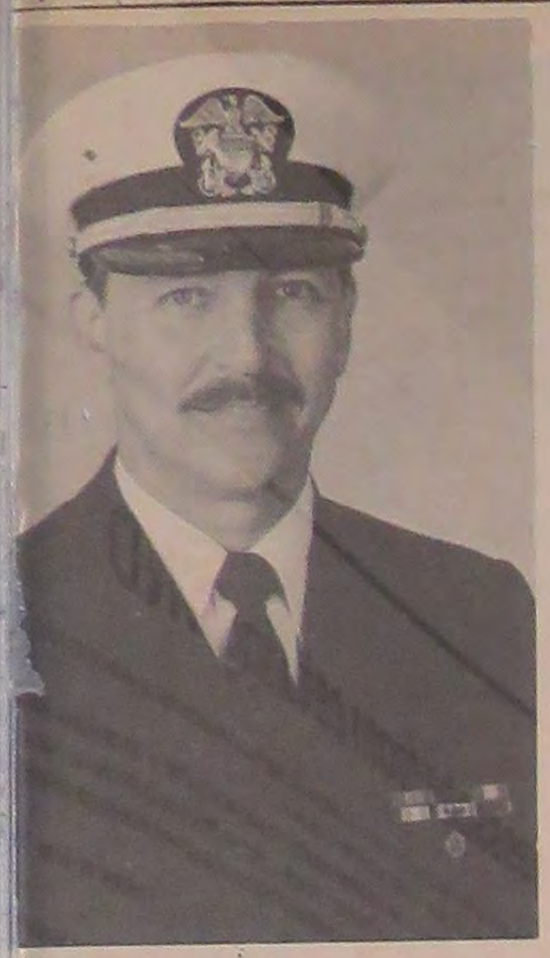
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Contributions from both staff and patients a welcomed and should be addressed to the Edit of the OAK LEAF, Naval Regional Medical Cente Oakland, CA 94627.



W TO STAFF—Lieutenant Com-nder Roy L. Berkley is the new ient Affairs Officer at Naval ional Medical Center, Oakland, acing recently retired Lieutenant mmander John Kraft. LCDR kley has 27 years' service and s last assigned with the Bureau of dicine and Surgery in shington. The Medical Service ps officer considers Detroit, h. his hometown.

enior Navy ivilian drug riefings set

A series of briefings will be held in major cities to guide senior Navy lian managers in the implementation Navy civilian drug abuse policy, ently addressed by Secretary of the y John Lehman in ALNAV 73/82.

The workshops, approximately five x hours long, will be conducted by l and personnel staff members of Civilian Personnel Policy Division -14). They are intended for com-nding officers, executive officers d other senior managers, as well as se responsible for preparing ployee adverse action forms or resenting management to third par-s.

Briefings are scheduled for shington, D. C.; Boston, Mass.; adelphia, Pa.; Corpus Christi, Tex.; w Orleans, La.; Jacksonville, Fla.; arleston, S. C.; Norfolk, Va.; Bremer-n, Wash.; San Francisco / Oakland, d San Diego, Calif. The Bay Area kshop is slated for July 28.

oppell departs

Lieutenant Commander Gordon H. ppell, formerly on the Oak Knoll staff Environmental Health Officer, cently detached for his new assign-ent at the U. S. Navy Regional Medi-l Center, Guam, where he will be ief of Preventive Medicine Service.

The Medical Service Corps officer as assigned to Oakland for more than o years.

. A. degree possible n classes at Oak Knoll

A bachelor's degree in Health Care ervices may be earned here through a ationally accredited and recognized rogram offered by Southern Illinois niversity. Classes will be conveniently eld at Oak Knoll every-other-weekend hroughout the year.

Currently, applications for enroll-nent in the Data Interpretation course, eginning July 24, are now being aken. For further information about his course and/or the degree program all Shelly Sauza at 562-8767.

26 weeks training

OR students end studies

Ceremonies are being held at the medical center this morning for 13 students of Operating Room Technician Class No. 82002. Nine of these graduates have completed six weeks of didactic instruction on aseptic technique and 20 weeks of clinical experience. The remainder are specialty students who completed the first phase of training with the class.

Those completing the full course and their new duty stations are:

HA Juan F. Calonje, NRMC Oakland; HM3 Paul A. Cassell, NRMC Yokosuka, Japan; HN Matthew P. Coburn, NNMC, Bethesda, Md.; HN Lisa M. Gayes, NRMC Oakland; HM3 Michael E. Paulin, NRMC Guam; HM3 Charles C. Risley, 3rd FSSG, Okinawa; HM3 Robert B. Sinclair, NRMC Orlando, Fla.; HM3 Sonja L. Stevenson, NNMC Bethesda, and HM2 Catherine M. Wilson, NRMC Yokosuka.

Specialty students were Sp5 Richard L. d'Armand, Letterman Army Medical Center; HN Dion J. Duncan, Orthopedic Service, NRMCO; HM3 Eli Fale, Ophthalmology Service, NRMCO, and HM3 Donna L. Schwarzkopf, Urology Service, NRMCO.

New enlisted performance evaluation methods OK'd

A redesigned Enlisted Performance Evaluation Report, which will replace the three enlisted report forms now in use, has been approved by the Chief of Naval Operations. Use of the new forms may be required as early as Oct. 31 of this year.

The redesigned forms will use the "traditional" 4.0 scale and will evaluate the performance of Naval enlisted personnel in five general areas. The areas are professional factors, personal traits, self expression, leadership and management. Each major area will contain subcategories that will be graded.

Major changes include separate blocks for advancement recommendation, use of concurrent reports to document TAD periods, and a grading summary which will be required for E-4 and above. Another new feature is that "frocked" petty officers will be evaluated and compared separately in the frocked paygrade.

The Naval Military Personnel Command reviewed many alternatives before recommending the redesigned form to the Chief of Naval Personnel and the Chief of Naval Operations. The Fleet Master Chiefs' Advisory Panel participated in the redesign process with many of their suggestions being incorporated in the new evaluation form. NAVMILPERSCOM Instruction 1616.1A, not yet distributed, will provide detailed instructions for the new forms.

Commissioning dates delayed

The August commissioning date of all but 10 Limited Duty Officer LDO and 10 Chief Warrant Officer (CWO) selectees chosen by the FY 1982 Selection Board has been delayed two months. The delay is necessary for the Navy to remain within end strength limits. The remaining selected LDOs and CWOs will be commissioned at the start of FY 1983, which begins Oct. 1, 1982. A higher-than-expected retention rate and reduction in officer end strength have caused the Navy to delay the commissioning of 600 officers, including an Officer Candidate School class, nurses and Medical Service Corps direct procurements, and the August segment of limited duty and warrant officers.

Seniority was the factor used to determine which selectees will retain an Aug. 1 commissioning date. The names of those personnel are contained in NAVOP 062/82. Seniority is based on the rank order in which they were selected by the board which recommended their appointments.

Because of the delay in commissioned dates, some officers may be extended at their current duty stations to allow for contact reliefs. Officers extended on sea duty will have their shore tour extended for the same period of time, where possible.

Base cleanup slated July 28

An all-hands base cleanup will be conducted on Wednesday, July 28, in preparation for the change of command ceremonies the following Friday.

All departments have been requested to provide manpower in support of "Operation Base Cleanup."

Designated personnel will muster at the picnic grounds at 1 p.m. Food and refreshments will be served at the same location for all participants after completion of the cleanup.

For further information, call LTJG Joel Libby at Ext. 2197.

Supervisory nurse position open here

Applications are now being accepted for Supervisory Clinical Nurse of the Labor and Delivery Ward, GS-1.0.

The position requires a full professional knowledge in the field of nursing. Applicants must have an active and current registration as a professional nurse and evaluation of the applicant will be based on experience, training, supervisory appraisals, and awards received.

The duties of the job include directing the work of all military and civilian personnel assigned to the Ward; interpreting doctor's orders and assigning staff accordingly, also evaluating and ensuring staff proficiency, quality of patient care, consumer health education, environmental safety and comprehensive documentation. Conducting orientation of new staff, maintaining adequate stock levels of drugs, supplies and equipment are also part of the duties.

More detailed information about the job may be obtained by calling Christine Lessler, at 639-2116.

More job openings

Computer Operator (GS-5) and Clerk-Typist (GS-4) job openings have been announced by Civilian Personnel Service.

There are three positions open for the computer operator in Management Information Service. All are on the graveyard shift. The typist position is with the Social Services Branch of Psychiatry Service.

Closing date for applications for all four jobs is July 19.

Call Maurine Tinsley, Ext. 2116, for more information.



NEW CHIEF OF SERVICE—Lieutenant Kay L. Schneider, following seven months of rotation at this hospital, is now Chief of Outpatient Administration Service. Before duty at Oak Knoll she served as Administrative Officer of the Barbers Point Branch Clinic of NRMC Hawaii. The Medical Service Corps officer holds a bachelor of science (epidemiology and biological health) from Penn State and a master's in health administration from George Washington University. LT Schneider has been in the Navy five years and enjoys off-duty hobbies of sailing, painting, hiking and photography.

CO recognized

Rear Admiral Walter M. Lonergan, Commanding Officer of Naval Regional Medical Center Oakland for the past five years, was formally recognized recently by the Oakland Chamber of Commerce for contributions to the community during his tenure.

Mr. Bill Downing, Chamber President, presented a letter of appreciation during a June 17 Oak Knoll meeting of the chamber's Military Affairs Committee.

Columbia announces fall sessions at TI

Columbia College has announced that it will offer five courses on Treasure Island during the fall session, Aug. 9 to Oct. 2. All classes meet from 6:30 to 11:30 p.m. and each course carries three semester hours of college credit.

Offered on Mondays are Criminology and English Composition I; Tuesday, Accounting II (Managerial); Wednesday, College Algebra, and Thursday, Organizational Behavior.

According to college officials, beginning students are eligible to take the English and algebra courses, which have no prerequisites. Students enrolling in Criminology should have taken Introduction to Sociology or should have some experience in the Criminal Justice field. Those enrolling in Accounting II should have taken Financial Accounting, either at Columbia or at another institution. The prerequisite for Organizational Behavior is Principles of Management. Students who have had some leadership training would also be eligible to take the course.

Columbia is a fully accredited college offering two and four-year degrees. Classes are open to active duty, their dependents, and Defense Department civilian employees. Because of its close relationship to the Armed Forces, Columbia has a policy of assessing military schools and experience for academic credit.

Those interested should contact Larry Blades or Jeannie Hopper at 397-5613 for additional information.

Cultural Exchange



Youngsters from Alameda entertained medical center personnel in the Asian/ American/Pacific Island Heritage Day program held in the Clinical Assembly on June 15.



Two young ladies showed perfect poise and balance as they danced carrying water-filled glasses in their hands and atop their heads.



Never missing a beat, the children step lively between bamboo poles in a traditional dance of the Philippines. The dance troupe is called "Magkakapit Bahay," as the youngsters are all neighbors and practice their dance routines in each other's yards.

Uniforms may be mail-ordered

Four mail-order facilities provide Navy uniform items to active duty people, reservists and NROTC midshipmen. These facilities supplement uniform center operations at smaller Navy exchanges, where only the most essential items are stocked because of space limitations.

Prices and ordering instructions for enlisted uniforms are in the current "Navy Clothing Price List for Men and Women" (NAVRESSO Publication 90). Ordering information and prices for officer and chief petty officer uniforms are listed in "NAVRESSO Uniform Price List" (NAVRESSO Publication 69).

Each mail-order facility provides uniforms for a specific category of Navy people. The facilities and the uniforms they provide are:

Enlisted Men's Uniform Items
Supply Department, Mail Out Center
Building 1312 NTC
Naval Administrative Command
Great Lakes, Ill. 60088

Enlisted Women's Uniform Item
Clothing Officer
NTC 45
Naval Administrative Command
Orlando, Fla. 32813

Officers and Chief Petty Offic Uniform Items (Male and Femal
Norfolk Uniform Mail Order Cente
P. O. Box 15065
Norfolk, Va. 23511

Made-to-Measure Unifor (Officers and CPOs)
Naval Uniform Shop
Fort Wadsworth
Staten Island, N. Y. 10305

Navy exchanges have order fo and publications 69 and 90 availa Copies also are available at Navy s ply offices. If the publications ordering forms are not locally availa obtain a copy of the appropriate p lication and order form by writing Naval Uniform Division
Naval Resale and Services Sup Office
Fort Wadsworth
Staten Island, N. Y. .10305

Changes announced to SRB program

The Chief of Naval Operations announced in NAVOP 063/82 of June 16, termination of the FY 1982 Selective Reenlistment Bonus (SRB) program, except for those who would lose SRB eligibility. This action was necessary due to the rapid depletion of this year's SRB budget resulting from high retention rates and delays in congressional action on a supplemental budget request.

Changes of the FY 1982 Program include authorization of SRB payments only for those who currently have message approval for reenlistment from Commander Naval Military Personnel Command, or who will permanently lose SRB eligibility in Zones A, B or C by passing through the 6, 10 or 14 years-of-service cut-off window between now and Oct. 1. The remaining personnel with end of active obligated service (EAOS) dates in FY 1982, who would have otherwise been eligible for SRB reenlistments, are encouraged to extend until Nov. 1, with the opportunity to reenlist for SR FY 1983. It is intended that these sonnel will be offered reenlistm bonuses for at least the same amo as they would have received in this cal year, according to the NAVOP, ring any constraints from the FY congressional process.

It is expected that almost 5,0 potential reenlistments will extended into the next fiscal year the extension option contained in NAVOP. Approximately 670 sailors fall into the exemption category due potential permanent loss of S eligibility. The early termination of SRB program occurred three mon after early reenlistment eligibility v shortened to slow SRB spending ra However, SRB enlistments contin to grow at accelerated rates in all zo of eligibility.

The NAVOP emphasizes that the changes will not affect non-SRB re listments or the payments of regula scheduled anniversary SRB paymen

New law allows training payment

Legislation signed by the President last month includes a provision which allows the Veterans Administration to reimburse Vietnam-era veterans and eligible dependents for correspondence training begun after Sept. 30, 1981.

The law ends a moratorium on payments for new enrollments in such training which had been imposed for fiscal year 1982.

Individuals may now receive reimbursement for 55 percent of the total cost of correspondence lessons completed and submitted to the school.

Unaffected are Vietnam-era veterans and dependents who have been continuously enrolled in corr pondence training since Sept. 30. Po Vietnam-era veterans enrolled in c respondence training under the c tributory veterans education progr continue to receive full reimburseme

Eligible veterans or dependents w have started correspondence cours since September, or plan to, sho contact the nearest VA regional, a lo County Service Officer or a vetera service organization representative.

The San Francisco regional office located at 211 Main Street (corner Main & Howard).

NARF assists SF's cable car program thru use of Navy's 'vapor degreasing' system

The Naval Air Rework Facility (NARF) at Alameda, which works daily with intricate engines and the most modern jet aircraft, is helping the City of San Francisco solve problems with an older form of transportation, the cable car.

Until recently, the city needed to replace the entire cable system every nine months, because of the wear caused as the crimping device of a cable car grips the surface of a moving cable. The researchers at San Francisco State University have been studying the problem, experimenting with different combinations of cable material, crimp material and lubricants to reduce wear. They hoped to develop a method that would reduce cable wear and require only the grips to be replaced.

After each new combination was tried, materials had to be thoroughly cleaned and a microscopic study made of how the surface had worn. The study team had tried several methods of cleaning the cables, but none had proven effective.

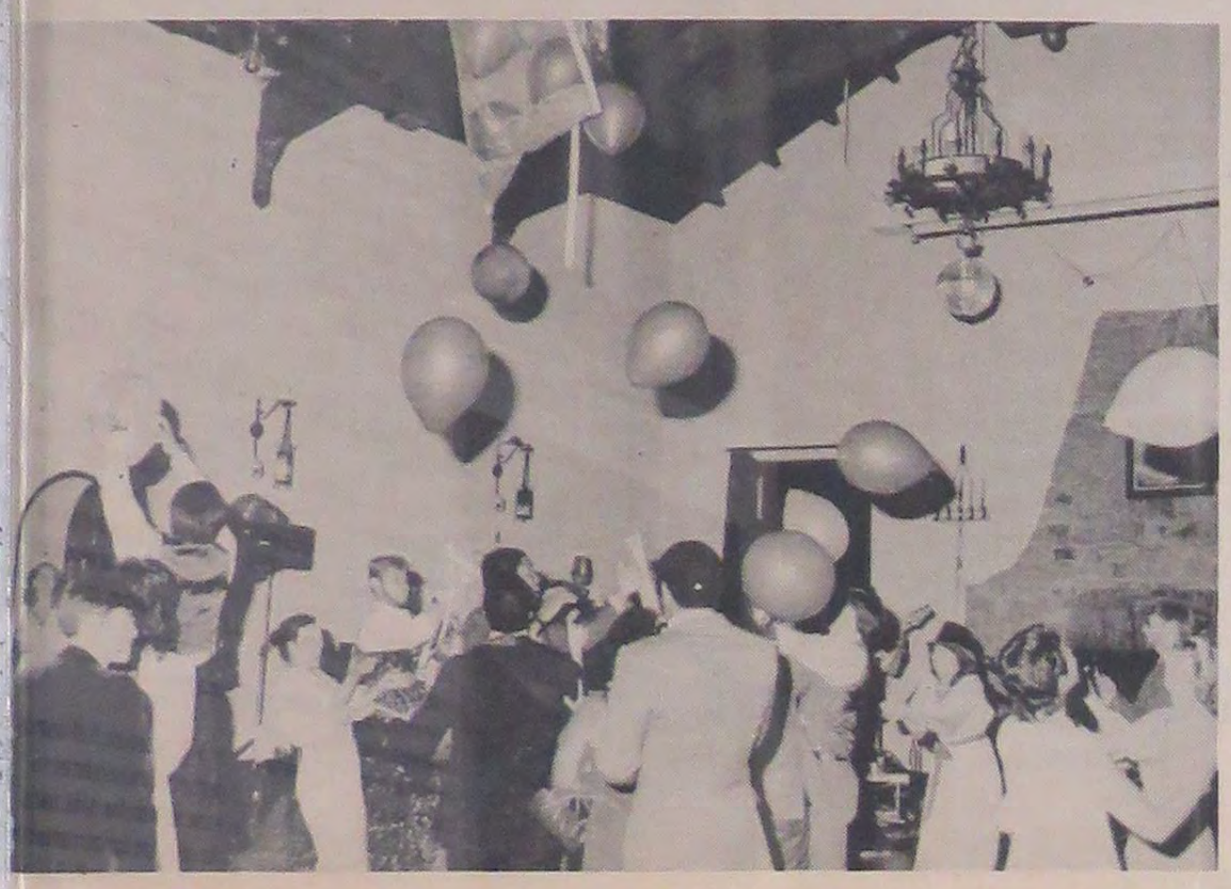
Doug Mercer, a mechanical engineering student at the university and a participant in the NARF cooperative education program, suggested trying "vapor degreasing," which is used to clean aircraft parts at the rework facility. CAPT L. H. Fisler, NARF Commanding Officer, agreed that the method might work and authorized the use of Navy equipment to clean the cables after each test. The vapor degreasing was successful and tes will be completed by the end of Jun

When the renovation of the S Francisco cable car system takes pla the new cable system will be install hopefully saving the city a large part the $500,000 it currently spends ea year to maintain the cables. The Nav Air Rework Facility will have had important role in ensuring that t famed cable cars will continue to clim San Francisco's hills in the future.

NRMC Oakland celebrates Hospital Corps Birthday



BOATSWAIN'S BANJO—Entertaining at the Hospital Corps Birthday Ball was retired Chief Boatswain's Mate Ben Blakeman, a former shipmate of Command Master Chief Charles Dackerman.



CELEBRATION TIME—Balloons descend from the ceiling toward party-goers in this scene from the Hospital Corps Birthday Ball, held in the Officers' Club on base June 17.



TRADITIONAL CUT—Rear Admiral Walter M. Lonergan, flanked by the eldest and youngest corpsmen of his command, makes the traditional first cut of a birthday cake commemorating the Hospital Corps birthday. He is assisted by Chief Hospital Corpsman Dominador Datu and Hospitalman Roosevelt Wardell.



DANCERS—Among those enjoying themselves on the dance floor is Chief Hospital Corpsman Rose Percival (in uniform) who served as the dinner dance committee chairperson.

Comings and Goings

"Fair winds and following seas" to the following personnel who have recently departed this command:

HN Francis Rockefeller, 1st Marine Division, Camp Pendleton, Calif.

CDR Bernadine Shaffer, Nurse Corps, released from active duty.

MMC Richard Spencer, Naval Air Station, Moffett Field, Calif.

HM2 Charles Harman, released from active duty.

HM3 David Taylor, released from active duty.

HM2 Pierre Alfred, released from active duty.

HM3 Donald E. Boat, released from active duty.

HM2 Alvin Drakeford, released from active duty.

HN Geano Chambers, 1st Marine Division, Camp Pendleton, Calif.

LCDR Michael S. Wilson, NMRC Long Beach, Calif.

HM3 Scott Gaustad, 3rd Marine Air Wing, Yuma, El Centro, Calif.

HM3 Carl Kjonaas, released from active duty.

HMCS James Stroehlein, retired, transferred to fleet reserve.

HM3 Michael Boitel, student, Armed Forces Institute of Pathology, Bethesda, Md.

HM1 James C. Donadio, NSHS, San Diego, Calif.

CDR William Fawcett, released from active duty.

LCDR John Bright, transferred to NRMC Branch Clinic Alameda.

LCDR Paula Torries—Stein, released from active duty.

HM1 Joyce Burch, Layfayette River Branch Clinic.

HM1 Frank Kooser, NSHS Bethesda, Md.

HA Michael D. Jacques, 3rd FSSG, FMFPAC.

LT Philip Randall Eckmar, Naval Construction Battalion, Dental Dept., Gulfport, Miss.

HM3 Judy Collins, NSHS Bethesda, Md.

HM2 Loreto Torres, USS MARS (ARS-1).

HM3 Richard S. Justice, NRMC Okinawa.

LT Frank W. Hall, Groton, Conn.

LT Michael J. Kawuch, to Operation Deep Freeze, Port Hueneme.

LT William J. Kimerer, Groton, Conn.

LT Patricia A. Duprez, Iwakumi, Japan.

LT Randal Franke, USS LONG BEACH.

LT Stephen Louis Sarbeck, Gulfport, Miss.

HM2 Lonnie C. Alford, Yokosuka, Japan.

LT Catherine F. Wampler, released from active duty.

LT Mark W. Flick, Camp Pendleton.

ENS Mu Dow, Lafayette River Branch Clinic, Va.

LT Shirley A. Nylund, Yokosuka, Japan.

HM3 Kenneth Jackson, released from active duty.

LT Robert S. Rolley, USS SHREVEPORT, Norfolk, Va.

CDR John Compagno, released from active duty.

LT Susan J. Walker, USS AJAX (AR-6)

LT Timothy Bischoff to NNMC Bethesda.

CDR Mark Jacobs, Medical Department, FPO San Francisco.

LT Marsha G. Piendinock, USS JASON.

LT Michael Abel, USS ENTERPRISE.

HA Kerry Lee Sterienr, released from active duty.

LCDR Stephen Baez, NRMC San Diego.

LCDR Alvaro Traquina, USS CORAL SEA.

LCDR Ralph M. Reavis, USS CARL VINSON.

HM3 Gary D. Gilson, released from active duty.

HM3 Suzanne Lavrich, released from active duty.

LT Heather L. Myers, NRMC Camp Pendleton.

LCDR John Mateczun, Third Marine Division.

LT Dennis A. Wilson, USS SACRAMENTO.

LCDR Patricia Hoggatt, retired.

LCDR John Kraft, retired.

LT Konrad E. Hayaski, USS WHITE PLAINS.

LT John Wyman, Naval Medical Research Institute, Dayton, Ohio.

LT David Smith, New London, Conn.

LT Clarence Braddock, USS WICHITA.

HA Marcelo M. Lopez, USS KISKA.

(Continued to Page 6)



ACHIEVER—HM2 Ralph D. Gordon, Operating Room Technician at the Fallon Branch Clinic, receives the Navy Achievement Medal presented by LCDR G. V. Meskill, officer in charge of the Nevada clinic. Gordon earned the medal for superior performance aboard USS HOLLAND (AS 32), homeported at Holy Loch, Scotland, from February 1980 to December 1981. Vice Admiral S. A. White, Commander, Submarine Force, U. S. Atlantic Fleet cited the petty officer for personal drive, dedication to duty and unselfish application of time and talent in the ship's medical department.

(U. S. Navy Photo by PH1 M. Cotton)

Party honors chiefs

A "Hail and Farewell" party was held in the Porthole on June 29, honoring six Navy chiefs.

Special guests were **Chief Dental Technician Donald E. Hritz,** detaching for a new billet at Bethesda, Md.; **Master Chief Hospital Corpsman William J. Dahlke,** new to Operating Management Service; **Senior Chief Hospital Corpsman Edward L. Saxer** and **Chief Dental Technician Don R. Adams,** new to Supply and Dental Service, respectively, and **Chief Hospital Corpsmen Augustinito Cruz** and **Steven Putter,** both recently assigned to Preventive Medicine Technician School as instructors.

Dr. Pearson to DCS billet at Long Beach

In mid-June Captain Arthur A. Pearson relieved Captain Richard R. Rahe as Director of Clinical Services at Naval Regional Medical Center, Long Beach, Calif.

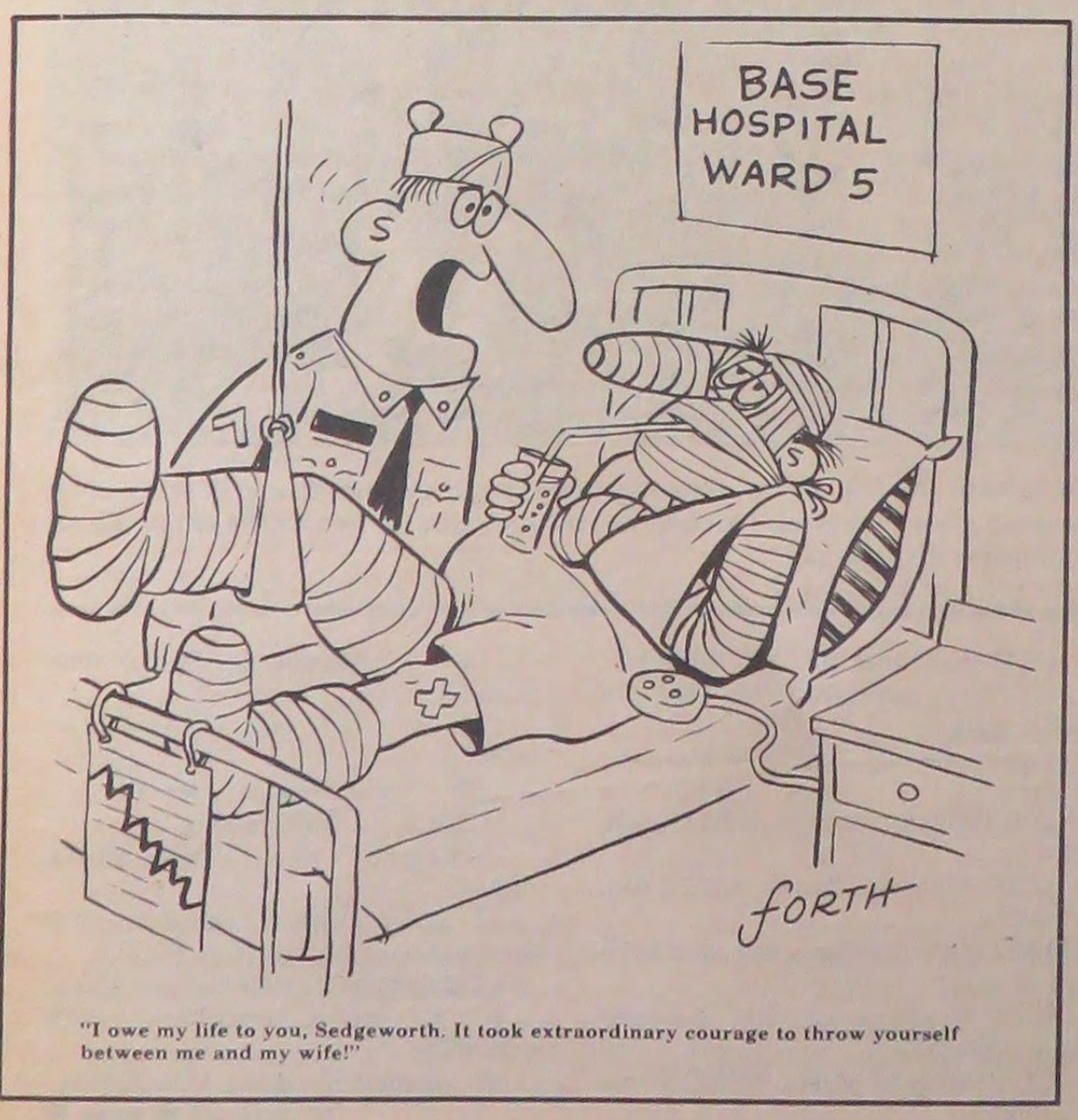
Dr. Pearson was on the Oak Knoll staff from Aug. 31, 1973 to June 22, 1979 as a pediatrician.

Dr. Rahe has assumed command of the U. S. Naval Regional Medical Center on Guam.

Beck, Macabugao end X-ray studies

Basic X-Ray School Class 82-004 graduated two students last Friday. The students were HN Harry J. Beck, who had honors with a final grade of 93.4 and will be stationed on the USS ARCADIA (AD-42), homeported at San Diego, Calif., and HM3 Teddy B. Macabugao who will be stationed on the USS ARKANSAS (CGN-41), homeported at Norfolk, Va.

The 12 week course in basic X-ray technique consists of five weeks didactic and seven weeks of practical experience in the Radiology Department. HN Beck did his practical training at NRMC Oakland while HM3 Macabuao did his at Moffett Field Branch Clinic.



"I owe my life to you, Sedgeworth. It took extraordinary courage to throw yourself between me and my wife!"

Kudos.....

NAVY ACHIEVEMENT AWARD

DTC Donald Hritz

LETTERS OF COMMENDATION

CAPT William Woodruff
CDR John Compagno
CDR Mark Jacobs
LCDR Richard Oberst
ENS Mu Dow
LCDR Stephen Baez
LCDR Gordon Poppell

CIVILIAN LENGTH OF SERVICE

35 Years

Gloria D. Grasso, Outpatient Service
Marjorie Lesage, CO's Office

30 Years

Ocie Buckner, Nursing Service
Donald Hurst, Food Management Service

10 Years

Raymond E. Johnson, Laboratory Services
Carol L. Vanderbrook, Nursing Service

5 Years

Michael A. Duff, Management Information
John R. Lyons, Supply Service
Edward A. Ulibarri, Outpatient Service

LETTER OF APPRECIATION

LCDR William Fawcett
HM1 Joyce Burris
LCDR Bryan Barnett
LT Arnold Kirshenbaum
LT Heather Myers
CDR Viola Brooks

PROMOTIONS

LTJG Michael Smith, NC
LTJG Rosario Tenebruso, NC
LTJG Julie Warren, NC
LTJG Susan Young, NC

FROCKINGS

LCDR John Bendele, Jr., NC
LCDR Joyce Campany, NC
LCDR Sharon Figg, NC
LCDR Helen Howell, NC
LCDR Marie Kelly, NC
LCDR Major King, Jr., NC
LCDR Marcia Nelson, NC
LCDR Richard Bosshardt, MC
LCDR Benjamin Carey, MC
LCDR William Cagle, MC
LCDR John Caruthers, MC
LCDR Frederick Cason, Jr., MC
LCDR Paul Garst, MC
LCDR Leon Gerson, MC
LCDR Richard Griffin, MC
LCDR Pamela Krahl, MC
LCDR Max Laguerre, MC
LCDR Benedict Marciano, MC
LCDR Gerald Nelson, MC
LCDR Jackson Pemberton, Jr., MC
LCDR Steven Sameshima, MC, MC
LCDR Walter Wood, Jr., MC
LCDR Vernon Goldsworthy, MC

RESIDENCY CERTIFICATES

LCDR Michael Wilson (OB/GYN)
LCDR Pamela Krahl (OB/GYN)
LCDR Michael Abel (Surgery)
LCDR Alvaro Traquina (Surgery)
LT Bryan Barnett (Pediatrics)
LT Arnold Kirshenbaum (Pediatrics)
LCDR Benjamin Carey (Psychiatry)
LCDR Lawrence Martin (Psychiatry)
LCDR John Mateczun (Psychiatry)
LCDR Ralph Reavis (Oral, Maxillofacial Surgery)

EXPRESSION OF APPRECIATION

LT Catherine Wampler

Comings and Goings------

(Continued from Page 5)

LT Bryan Barnett, Naval Hospital, Lemoore.

LT Arnold Kirshenbaum, NRMC Philadelphia.

LT Peter B. Letarte, NAS Pensacola, Fla.

LT Roger D. Dainer, USS KANSAS CITY.

CDR Viola P. Brooks, Tripler Army Hospital.

LCDR David J. Becker, Branch Clinic Alameda.

LCDR Benjamin Carey, Guam.

LT Kathleen Dale, Branch Clinic Alameda.

LCDR Lawrence Martin, Pearl Harbor, Hawaii.

MS1 Avelino Lopez, NMBL Port Hueneme.

LT Carl K. Wiggers, MCAS Iwakumi, Japan.

LCDR Richard Oberst, University of North Carolina.

• • •

"Welcome Aboard" to newly arrived:

LT Patricia Assan, Intern.

HR Kevin Jackson, Pharmacy.

HA Steffanie Cook, Cardiology Clinic.

HN Paula Dozitski, OR School.

HM3 Neal Lanjewar, OR School.

HN Karen Beuckelaere, Nursing Service.

HMCS Edward Saxer, Supply.

HN Robert Hadding, Psychology.

LCDR Carol Hinger, Nursing Service.

HM3 Timothy Cotton, OR School.

HA Marvin Hill, Nursing Service.

HM3 Tracy Prednore, Outpatient Services.

HN Alice Brown, Outpatient Services.

HM2 Herbert Jones, ENT.

HR Gordon Hart, Nursing Service.

HM3 Leroy Dunn, Pharmacy.

HN Mark Miyanaga, Nursing Service.

HR Laurie King, Nursing Service.

HR Russell Kelso, Nursing Service.

ET2 Richard Lagergren, Operating Management.

HM3 Riley Frank, Eye Clinic.

ENS Duane Britton, Radiology.

LCDR Roy Berkley, Patient Affairs.

HMC William Wroda, BUMED EOPS.

LT William Reed, Intern.

HN Arthur Harris, Nursing Service.

LCDR Dawn C. Schroeder, Dental Services.

LT Linda S. Krook, Endocrinology Clinic.

LT Wayne L. Ester, Intern.

LT James K. DeMarco, Intern.

LT Carl E. Steele, Intern.

LT Richard S. Jany, Intern.

SH John King, Operating Management.

LT Elaine Copeland, Intern.

ENS Brian Aprill, Clinical Clerk.

ENS Terry Buccambuso, Clinical Clerk.

LT Adan Baca, Nurse Corps.

ENS Elton Gaddy, Clinical Clerk.

Oberst to school

Among those recently departing this command for new duty was Medical Service Corps Lieutenant Commander Richard B. Oberst, who served as a microbiologist for the pathology department of Laboratory Services for nearly four years.

LCDR Oberst will attend the University of North Carolina, under the Navy's outservice education program, to obtain a doctoral degree in his specialty.

"I have enjoyed working at NRMCO very much," he said. "I am looking forward to going back to school and am very grateful to the U. S. Navy for this opportunity."

He holds a bachelor of science from the University of Wyoming and a master's in public health from the University of Pittsburg. In seven years' of Navy duty other assignments have been with NRMC Portsmouth, Va., and EPMU-6 Detachment in Okinawa, Japan.

While serving at Oak Knoll, LCDR Oberst played softball with the Lab team for the past three seasons.



IPTIALS—HA John Payne places a ring on the finger of his bride, the former Lori Eubanks, while attendants HA Todd Cosgrove and HN Mary O. anstedt look on. Officiating is Navy Chaplain, Lieutenant Jay Hoppus.

orpsmen wed in hospital chapel

HA John Payne and HA Lori banks, both of the 6th Deck staff, changed marriage vows in a tradinal ceremony June 23 in the Chapel Hope. LT Jay Hoppus, Chaplain, iciated at the wedding.

Lori, whose home is in Arkansas, d John, who hails from Nebraska, ve been planning the wedding for te awhile. Attendants were HN Mary Granstedt from 6 North and HA dd Cosgrove from 7 North. At the d of the ceremony Lori's bouquet s caught by HA Sharon Hine.

A reception, not so traditional, followed at the picnic grounds at Lake Merritt. Champagne and cake were served. After the reception the couple planned a trip to the Oakland Coliseum where the A's were supposed to be playing the Royals. The plans went afoul when they realized the A's played the evening before. John and Lori didn't seem too upset since the Kansas City Royals, their favorite team, shut out the A's, 1-0.

From what we hear the couple does plan a trip back to their respective hometowns soon.



NEWLYWEDS—Commander Richard L. Newell, optometrist at this command, claimed the former Theresa Kelly as his bride in a Hawaiian wedding on the romantic isle of Maui on June 23.

Navy Lodge list available

A listing of all Navy Lodges worldwide, listing locations, daily rates and guest services for each lodge, has been published by the Navy Resale and Service Support Office (NAVRESSO).

Navy Lodges offers clean, comfortable accommodations for Navy families. Priority consideration is given to families making permanent change of station (PCS) moves. Other authorized personnel may be accommodated on a space-available basis. Daily rates in the 31 U. S. and six overseas lodges range from $12 to $36 per family.

The directory is available at any Navy Lodge. Copies may also be obtained by sending a stamped, self-addressed, legal-sized envelope to: NAVRESSO, Code SOD 3, Building 210, Fort Wadsworth, Staten Island, N. Y. 10305.

utdoor art soon Shoreline park

sculpture tracing the sun's path ough the sky and another described a 21 ft. square cement quilt will be ng the works on display this sumr at the Arrowhead Marsh picnic a of San Leandro Bay Regional reline in Oakland.

ive to seven large sculptures, each igned to harmonize with the ific site where it is placed, will be view at the picnic area or nearby n July 21 to Oct. 31.

he works are part of *Project Voture,* a three-site art exhibition hized by art critic Joanne Dickson. r works will be on display at the mont Resort Hotel in Berkeley and Oakland Airport.

mong the works scheduled for dis- at Arrowhead Marsh thusfar is er Berry's "Duplex Cone." The lpture's two 10 ft. high steel semiles are aligned to mark the sun's ter and summer solstices.

oan Zalenski will erect her work m Sea to Shining Sea. Remnants a Past Civilization." It resembles ments of highway, consisting of crete pillow-shapes arrayed in a 21 quare quilt.

Silent Scream," one in the artist's sia series, will be installed by an Dannenfelser at a nearby sandy

Brian Rush will create a work coning of three intersecting ramps, h metal ends which the artist will t with fire at scheduled times.

Artist Jerry Walberg will install a lpture entitled "Shankrikar" at the sh site. *(East Bay Log)*

BAWOC to observe WAVES anniversary

The Bay Area Women Officers' Association has scheduled a luncheon on Thursday, July 29 at Treasure Island to commemorate the 40th anniversary of the WAVES.

The event, open to all active duty, reserve and retired sea service personnel in the San Francisco Bay Area, is scheduled to begin at 11:15 a.m. in the Fleet Admiral Nimitz Club.

Captain Grace Murray Hopper, Special Advisor to Commander, Naval Data Automation Command, Washington, D.C., will be the featured speaker.

Cost per person is $7.50, payable in advance to the association. Reservations are requested by close of business, July 19, and payment by July 26. RSVPs and payments may be addressed to Lieutenant (junior grade) Janet Dawson, CAAC, Bldg. 116, NAS Alameda, Calif. 94501,telephone AV 686-3113, commercial 869-3113, or Lieutenant (junior grade) Edie Williams, NARDAC, SF, Bldg. 8-2, NAS Alameda, AV 686-2484, commercial 869-2484.

GEN Vessey sworn as JCS Chairman

Army General John W. Vessey Jr., was sworn in as Chairman of the Joint Chiefs of Staff June 21, replacing Air Force General David C. Jones.

President Ronald Reagan presided over White House Ceremonies in which General Vessey was administered his oath by Defense Secretary Caspar Weinberger.

President Reagan told the 10th JCS Chairman to "keep us strong, keep us ready so we may keep the peace."

Complaints received via toll free number

The Navy Resale and Services Support Office (NAVRESSO), headquarters for Navy Exchanges and Commissary Stores, has set up a toll-free telephone comment/complaint line to better serve its customers. The number, commercial (800) 221-6155, is available in all states, except New York. It may also be used from Puerto Rico. New York customers may contact NAVRESSO at commercial (212) 390-3869, Monday through Friday from 8 a.m. to 4 p.m. Personnel overseas should use preaddressed customer comment/complaint cards that are available at all Navy Exchanges and Commissary Stores.

The line records customer comments, complaints, suggestions or other items and is available 24 hours a day. Specialists at NAVRESSO's customer relations center will respond to each call and if customers leave their name and address, they will receive a personal reply.

Navy Resale System customer relations officials stress that customers should go to local store managers to attempt to resolve problems before using the new phone system. CAPT Carl Vogel, NAVRESSO Vice Commander, explained that "in many instances, the manager at the exchange or commissary store can take faster action than NAVRESSO to address customer's concerns. NAVRESSO will take action if the problem cannot be resolved at the store level."

Auto self-service not mandatory

Is the modern practice of pumping gas for your own car a perplexing problem for you? If so, be advised that attendants at the Oak Knoll Automotive Center will gladly serve you if you toot your horn and be a bit patient until they can break away from other duties.

According to Tom Miller, Exchange Manager, although it is preferred that customers practice self-service, the employees are pleased to assist those who are handicapped or otherwise reluctant to fill their own gas tanks.

No ammo moved in household goods

A change to the Joint Travel Regulations, effective Oct. 1, 1982, prohibits military personnel from shipping privately-owned live ammunition as part of their household goods or accompanied baggage.

Live ammunition, as defined in the rule, includes the explosive components of ammunition, such as primer or propellant powder. It does not include empty brass casings, shells or souvenirs used for decorative purposes.

The Oct. 1 date was set to allow personnel expecting a move sufficient time to prevent financial loss.

Back door open at Main Exchange

Customers of the Main Navy Exchange in Bldg. 38 are advised that the rear entrance to the store has been reopened to foot traffic during business hours, 9 a.m. to 5 p.m., Monday through Friday, 9 a.m. to 4 p.m. on Saturdays.

The reopening provides convenient access to the store from a customers' parking lot in the rear of the building.

Our patients write. . .

I am writing to express my appreciation for the surgery performed on me. . . by LCDR James M. Hicks, MC, USNR, of your ENT Clinic.

. . . The surgery performed by Doctor Hicks was almost without pain and the resultant physical improvement is significant. At all times, Doctor Hicks was helpful and courteous in explaining the procedures he was performing. Unlike other doctors I have known in my 18 years naval service, Doctor Hicks seems truly interested in his patients and his techniques and skill are outstanding. . .

S.B. Montgomery
LNCS, USN
San Francisco

• • •

For the past nine months, our four year old daughter Madeline has been attending regular sessions in speech therapy with an outstanding member of your staff, Mrs. Dorothea Porter. My husband and I have been impressed with Mrs. Porter's abilities and thought her success deserved to be brought to your attention.

. . .In less than a year, Madeline has developed into a reasonably verbal, confident and optimistic little girl, thanks to Mrs. Porter's skilled guidance. Mrs. Porter has given our daughter the gift of effective speech—it is a most precious gift and we are infinitely grateful for her presence on your staff.

LT and Mrs. John Wyman
San Francisco

• • •

On May 19, 1982, I was transported by ambulance from NAS Moffett Field Dispensary to your hospital.

I have had numerous experiences with hospitals and found most of them to be very cold and impersonal. To my surprise, this was not the case with your outstanding staff.

Your emergency room staff were kind, understanding, and informative. They calmed me down when I was told I needed emergency surgery.

Your operating team was great! They took the time to explain exactly what had to be done and I felt confident of their abilities.

Your nursing staff, medics, and orderlies were most supportive. They understood the emotional impact of my surgery as well as the physical side.

I commend all those who had any contact with me during my recent hospital stay. I'm sorry that I can't remember everyone's name, but these are some of your outstanding staff members:

Emergency Room: Dr. Lindstadt, Evans and Clift.

My doctors: Dr. Krahl and Dr. Moon.

Nursing staff: LTJG Linhart.

My best to you and your staff for making a valiant effort to see that I was well taken care of. Their personal concern meant the world to me. Thank you all.

Patricia P. Barrett

• • •

It is with a deep sense of loss that I learned Dr. Dohrmann is leaving the Navy. In my opinion she has shown a high degree of dedication and professionalism. She will be missed by myself and her other patients who hold her in high esteem. She doesn't make you feel like just another Navy dependent.

Please see that this letter is made part of her file.

Catherine M. Henry
Hayward

• • •

I would like to express my sincere appreciation to your entire staff for the treatment I received during the 11 days I was a patient in your hospital. The doctors, nurses, corpsmen, and other personnel were uniformly desirous of making my stay a very pleasant experience.

My special thanks go to Doctor Ben Ho, Doctor James Davis, and the anesthetist, whose name escapes me for the moment; also LCDR George, the chief nurse, as the team performing the difficult operation. . .

My appreciation, too, to the "extra curricular" efforts of Doctor Ho's assistant—"Kim" Ross, the ophthalmology department photographer. She was on duty at Oak Knoll Hospital when I had my first. . . operation nearly seven years ago.

W. H. Morgan
(Ret) USA

• • •

Due to a severe injury, I had to be hospitalized over 40 days in the past three months. Thanks to the help and dedication from Dr. O'Neal, Dr. Imes and the staff in the eye clinic, I am well on the road to recovery.

My most special thanks to the whole staff on ward 8 South. Their professional care, kindness and friendship made my lengthy stay in the hospital a memorable experience. I thank them all.

Brunhilde K.Cooper
San Jose

• • •

Thank you and your staff, especially Captain P. Regan, D. C. , USN, for your courteous and efficient dental services.

Charles P. Woodson
CAPT, USN (Ret.)

Keep these kid killers away from small hands



You say you couldn't get along without your favorite roach killer, pain remedy, detergent? How about that laxative that works so faithfully when you need it, or the deodorant that you can always depend on?

In the right hands at the right time, these and many other household products can make your life easier, cleaner and maybe even happier. But in the hands of a toddler or an inquisitive 5-year-old they can kill or cause lifelong damage.

Medical doctors urge parents t aware of the potential danger of ha certain substances where children get their hands on them. Here are s of the common substances that ca harmful to children and should be perly stored:

Aspirin
Bleach
Pesticides
Lead-containing substances
Sedatives and stimulants
Corrosives, such as lye and s dishwashing powders
Laxatives
Deodorants
Furniture polish
Detergents

The use of childproof caps on tainers is one of the most effe control measures. Holding down quantity of medicines kept in the is another safeguard. And, obvio consistent use of secure storage tions for all such materials is re mended.

Should you know or suspect t child has consumed a dangerous s tance, seek immediate medical he

Poison control centers throughout the United States an available to you for advice i emergency.

Locate your nearest center in telephone book and post the numb a convenient place.

Drug use impairs driving ability

According to a publication of the National Institute on Drug Abuse (NIDA), use of any drug, including many over-the counter medications, has the potential to seriously affect driving ability. The practice of taking more than one drug, or mixing drugs and alcohol, can be especially dangerous.

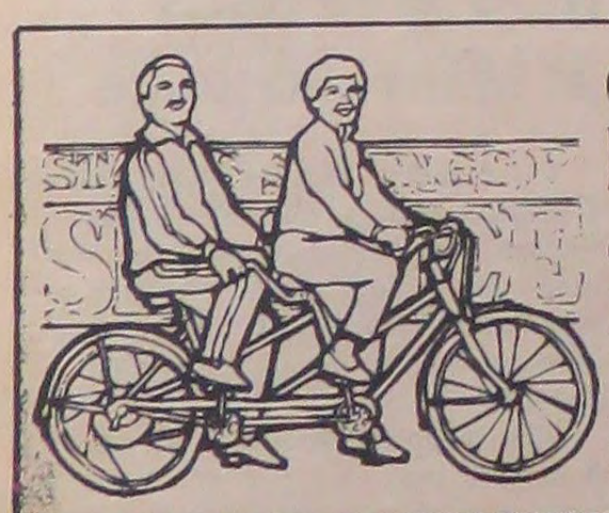
The institute warns that driving skills of different individuals can be affected in varying degrees by the same drug. As with alcohol, the driver's weight and emotional state, the amount of the drug and when it was taken all influence the driver's ability to size up an emergency situation or to judge relative speed.

The depressant effects of tranquilizers and barbiturates are increased by mixing them with alcohol. Reaction time is slowed, as are eye-hand coordination and the speed with which the brain processes sensory information of all types. The institute terms this practice "especially dangerous, on or off the road."

The use of stimulants, incl amphetamines, cocaine and caff may cause persons to over-esti their performance and take more than usual. Actual driving records cate that people who t amphetamines are slightly more dent prone, probably for these rea One accident study found that h users of amphetamines are four t more likely to be involved in a car as the normal driver.

Hallucinogens and PCP di judgement and reality, cause confu and panic and can produce psych like reactions. There are reports o vers under the influence of these d swerving their automobiles off the to avoid imagined obstacles.

The NIDA report concludes, "th cumstances under which people drugs are different. So are the ef of drug taking. But safe driving al requires the same thing: An obse eye, a steady hand, and a clear Drugs and driving—why take the r

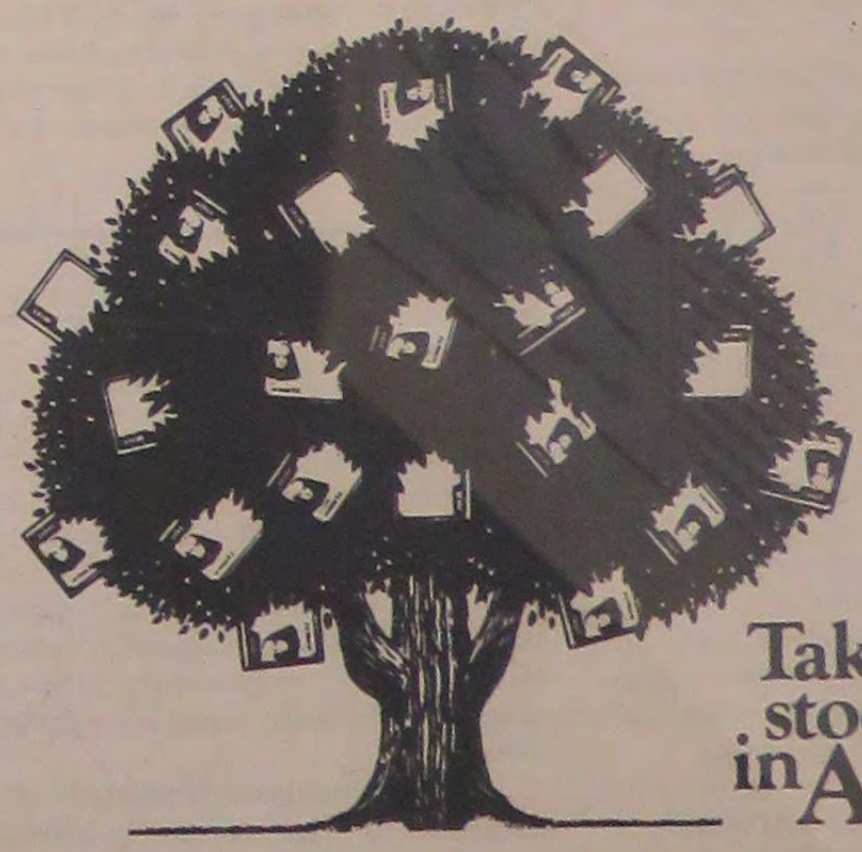


Get out! Enjoy!

Cycle in the sun.

When you're financially fit, it's easy to get away for awhile. But when your money situation gets out of shape, what do you do?

You could start shaping up your savings through the Payroll Savings Plan. You could start working out now. Work out whatever you wish with U.S. Savings Bonds.



Take stock in America

UNITED STATES SAVINGS BONDS

CHAMPUS amends reg to share electric cart cost

CHAMPUS will now share the cost of electric-powered cart-type vehicles for CHAMPUS beneficiaries. Previously, CHAMPUS would only pay for electric wheelchairs that were not cart-type.

Coverage of these vehicles has been authorized going back to Oct. 1, 1980.

The new policy became official when CHAMPUS amended its regulation to include electric-powered cart-type vehicles within the definition of "durable medical equipment." To qualify as durable medical equipment, the electric-powered cart-type vehicle must provide basic mobility that will slow down or halt the further deterioration of a beneficiary's physical condition.

A vehicle that is used primarily for convenience and transportation doesn't qualify for CHAMPUS coverage.

CHAMPUS won't share the cost of both an electric wheelchair and an electric-powered cart-type vehicle for one beneficiary.

An electric-powered cart-type vehicle can be cost-shared only when the patient's physician decides that:

* A standard, non-electric wheelchair will not meet the beneficiary's medical needs;

* An electric-powered cart-type vehicle best meets the patient's medical needs;

* The beneficiary can operate the vehicle safely.

Formerly, the prevailing medical position was that the electric-powered cart-type vehicles were used primarily for convenience and transportation, and therefore were not covered by CHAMPUS.

With the new policy, CHAMPUS is one of the three government health care programs authorizing payment for power-operated vehicles. Recently, Medicare was authorized by Congress to pay for the power-operated vehicles. The Veterans Administration also tested the vehicles and found them to perform satisfactorily.

ALCOHOL

IS NOT FOR UNBORN BABIES

Having a baby is a time to take special care of yourself. When you're pregnant, everything you eat and drink affects the child you are carrying.

Drinking beer, wine or liquor may hurt your baby. Heavy drinking can result in serious permanent mental and physical birth defects.

Alcohol is not something to be taken lightly during pregnancy. For baby's sake . . . and yours . . . the safest choice is not to drink during pregnancy.

For more information, write the National Clearinghouse for Alcohol Information, Box 2345, Rockville, MD 20852.

Don't let insects bug you

By HMCM Kennedy

Who, among campers and picnickers, has not tossed away the joys of the day by ducking under cover or fanning away those blood-thirsty mosquitoes that like to "hum" around human ears? Deet, listed on the labels of popular insect repellents as N, or N-diethyl-m-tolu-amide, is the best repellent for protecting most people from insect bites.

Although the effectiveness of any repellent varies from person to person, the Agricultural Research Service reports that Deet repels more kinds of biting insects, ticks and mites than any other repellent.

When buying a repellent, check the label for its use against specific insects and carefully heed application instructions and precautions. Here are some general guidelines to follow:

—When using insect repellents, shake or spray a small amount from the bottle or pressure can onto your palms and then apply it thoroughly to wrists, neck, ears, face and other exposed skin as if you were washing yourself. Do not apply it close to the eyes or lips.

—Use enough repellent to make an even film over the skin, since insects quickly find and bite untreated spots.

—Reapply repellents as you perspire because most repellents lose their effectiveness when the skin surface becomes wet.

Other measures that can also help to protect against insects include the following:

—Wear pants tucked into the tops of socks, or boots, in tick-infested-areas.

—Keep your campsite or picnic area clean and free of food litter.

—Clear the area of dead leaves, twigs and loose stones before pitching a tent.

—Take a hot, soapy bath as soon as possible after you have been in an area infested with chiggers (mites). If you do this within an hour, you can kill most of the chiggers before they can attach themselves to your skin.

Some people are so highly allergic to venom from certain insect bites that they are taking a risk each time they step outside in the summer. But they can now take heart, since the Food and Drug Administration has approved several serums which help counter the reaction to insect bites. If you are allergic to insect venom, check with your doctor for a prescribed injection or other medication. Proper precautions against insect bites can ensure that a long-awaited outdoor excursion or vacation is not spoiled.

MED • SCAN

A quick look at recent health care developments

The first nationwide electronic medical-health information system will be in operation sometime this summer, under a long-term agreement between the AMA and General Telephone and Electronics (GTE). The AMA will provide the basic medical information and GTE will operate and market the data-base retrieval system. GTE has already begun market-testing to learn what information is needed by physicians. The only equipment a physician will need is a basic computer terminal connected to an existing telephone line. The physician will simply dial a local telephone number to link his or her terminal to the system. **This is but one more answer to a problem which has concerned medical educators for sometime now: How can the busy practicing physician keep abreast of the constantly expanding fund of medical knowledge?** Experts, for example, say that medical research since World War II has been so prolix that the information base of medicine is renewed every five years.

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Great Britain's National Health Service is frequently held up as the model system for socialized medicine. But **growing numbers of Britons, 3.5 million, or 6.4 percent of the population so far, are deciding they don't want to wait in line for their operations.** The threadbare NHS has about 650,000 people on waiting lists; some people must wait as long as two years for hip replacements, and an estimated 50,000 on the list have conditions which are rated "urgent". People who use private physicians decide when they want to undergo elective surgery, an important consideration for self-employed people who can't afford the time for NHS scheduling and re-scheduling. There's also the comfort factor. Most private hospitals feature private rooms with their own bathrooms, TVs, telephones, liberal visiting hours, and less harried nurses. Premiums for the private insurance policies are modest by American standards, about $600 a year for a top-of-the-line policy for a family. Surprisingly, the purchasers of health insurance policies are not only the bowler-hatted, but include the Kent police and the 40,000 members of the Electrical, Electronic, Telecommunications and Plumbing Union. The policies generally exclude such NHS specialties as abortions and dental, obstetric, emergency and psychiatric care. **Private hospital construction has been spurred; there are some 50 currently in the planning stages.** Most of the doctors providing private care have part-time contracts with NHS. A sore point for advocates of the state system is that these professionals have been trained at the public's expense and yet are not serving full-time in the hard-pressed NHS.

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Coronary bypass patients outlive people in the same age-group from the general population. Reporting on a study of 25,000 patients who have had bypass operations at the Texas Heart Institute, *Medical Tribune* said that the five-year survival rate of the operation that bypasses obstructed arteries to the heart is 97 percent. Any lingering doubts about the ability of the transplanted veins to do the work of the bypassed arteries has been dispelled by analysis of five-year follow-up studies. The veins widen slowly and behave in time like arteries.

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Screw-in dental bridges can now be anchored permanently to the jawbone, *Acta Orthopaedica Scandinavica,* the Swedish journal, reports. Titanium screws have been implanted successfully in 400 patients, using delicate surgical techniques. The bridges, attached to the screws, have shown a five-year survival rate of nearly 100 percent in the lower jaw and 95 percent in the upper. These figures compare with 91 and 92 percent, respectively, for the more conventional bridges. The interesting thing about titanium is that the metal, without using a glue, becomes bonded to the bone permanently; electromicroscopic examinations of removed screws suggest that an actual chemical bonding between the bone and the metal takes place. Furthermore, the soft tissues of the gums also adhered closely to the metal eliminating the formation of germ-harboring pockets.



"Where did you get your medical training?"

Mark Trail's OUTDOOR TIPS

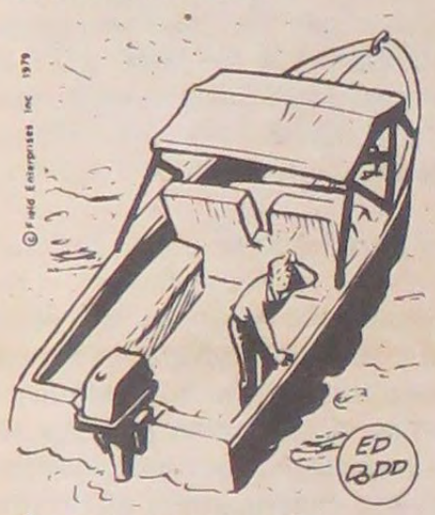
BOATING SAFETY SERIES

LEARN TO USE AND RECOGNIZE THE ACCEPTED DISTRESS SIGNALS...



FOR SMALL BOATS A DISTINCTIVE DISTRESS SIGNAL IS SLOWLY AND REPEATEDLY RAISING AND LOWERING OUTSTRETCHED ARMS

GETTING LOST COULD BE HAZARDOUS AS WELL AS EMBARRASSING...



ALWAYS TAKE CHARTS OF THE WIDEST POSSIBLE CRUISING AREA AND KEEP TRACK OF THE NAVIGATIONAL AIDS AS YOU PROCEED

MAPS OF MANY OF THE INLAND LAKES CAN BE OBTAINED FROM THE U.S. CORPS OF ENGINEERS IN YOUR AREA

Wet'n wild deadline nears

The deadline of July 16 is rapidly approaching for the Aug. 14 *Wet and Wild* trip to American River country and all those who are interested in attending what may prove to be the fun event of the year should make reservations with Special Services **now!**

This package covers bus transportation to the river and back, rafting under instruction by expert guides, raft rental, flotation devices, and a super picnic on the river beach after you've paddled the boat over foaming channels and rapids.

The all-inclusive price is $72 per person, but, according to Sally Young, if enough medical center personnel sign up, a discount may be possible.

'Up With People' soon at Sea World

Military and civilian Department of Defense employees have a special treat in store during Sea World's Military Summer Special, Aug. 1 through Sept. 6. The world famous musical group, "Up With People," will be entertaining park guests during a special summer engagement. This, plus Sea World's new Shamu show and five other exciting shows will be offered to military families at a 30 percent discount through Labor Day.

To take advantage of the discount, personnel should pick up coupons from the base recreation services office. Upon presenting the discount coupon at the main gate, adults will be admitted to Sea World for $6.95, with children (three through 11) admitted for just $4.85.

Rape: It happens every six minutes

Rape was the fastest-growing violent crime in the United States in the past decade. According to FBI "Crime Clock" for 1980, one forcible rape occurred every six minutes.

It's a terrifying thought, so lots of women don't want to think about it. But there are some things worth bearing in mind:

—Women of all ages, from all walks of life, are victims of rape.

—It's planned! Rapes usually aren't the result of "Uncontrolled passion."

—Often the rapist isn't after sex. Many rapists have sexual relations available to them. Instead, the rapist frequently uses sex as a violent way to express his anger.

—The rapist is not always a stranger. In over a third of the reported cases, the rapist is an acquaintance, neighbor, friend or relative.

The Department of Justice suggests these precautionary measures to reduce the likelihood of becoming a rape victim:

—Many people think rapes occur only in dark, out-of-the-way places... but in truth about one-third actually occur in the victim's own home. So, practice good home security. And don't let a stranger or repairman into your home without making sure that he is who he says he is.



—When you're outside, avoid going alone into poorly lit streets, doorways, places where someone might hide. If at all possible, go with a friend.

—Some people forget that crime can happen in their cars, too. That's where lots of rapes are committed. Check your car before you get in, and lock the doors when you drive. Most important—don't pick up strangers or get into a stranger's car yourself.

If you are a victim of rape:

—Get help—call the police immediately. Call a friend. Call the local Rape Center.

—Don't destroy possible evidence—don't bathe, douche, or wash your clothes.

—Go to the hospital as soon as possible—they'll treat your injuries and provide preventive measures for pregnancy and venereal disease.

—Call your local rape crisis center—they'll give you important information and emotional support. You can find their number in the telephone directory—or you can obtain it from the information operator.

MOVIES

Friday, July 9, 6:30 p.m.—FIRST FAMILY—Gilda Radner, Bob Newhart—Comedy/R

Saturday, July 10, 1 p.m.—THE BLACK ARROW—Animated Cartoon plus 4 shorts—Classic Tale + Comedies /G

Saturday, July 10, 6:30 p.m.—SIMON—Alan Arkin, Madeline Kahn—Comedy /PG

Sunday, July 11, 6:30 p.m.—NEW YEAR'S EVIL—Kip Niven, Roz Kelly—Horror /R

Monday, July 12, 6:30 p.m.—MELVIN AND HOWARD—Paul LeMat, Jason Robards—Comedy /R

Tuesday, July 13, 6:30 p.m.—EVIL UNDER THE SUN—Peter Ustinov, Jane Birkin—Mystery /PG

Wednesday, July 14, 6:30 p.m.—DEATH VALLEY—Paul LeMat, Catherine Hicks—Suspense /R

Thursday, July 15, 6:30 p.m.—THE LAST CHASE—Lee Majors, Chris Makepeace—Action /PG

Friday, July 16, 6:30 p.m.—RAGING BULL—Robert De Niro, Joe Pesci—Drama /R

Saturday, July 17, 1 p.m.—CONNECTICUT YANKEE—Animated Cartoon plus Short Subjects—Classic /G

Saturday, July 17, 6:30 p.m.—CIRCLE OF TWO—Richard Burton, Tatum O'Neal—Drama / R

Sunday, July 18, 6:30 p.m.—HEADING FOR BROADWAY—Paul Carafortes, Terri Treas—Drama /PG

Monday, July 19, 6:30 p.m.—A CHANGE OF SEASONS—Shirley MacLaine, Bo Derek—Comedy /R

Tuesday, July 20, 6:30 p.m.—SHARKY'S MACHINE—Burt Reynolds, Vittorio Gassman—Thriller /R

Wednesday, July 21, 6:30 p.m.—LIAR'S MOON—Matt Dillon, Cindy Fisher—Drama /PG

Thursday, July 22, 6:30 p.m.—ABSENCE OF MALICE—Paul Newman, Sally Field—Drama /PG

Drug conviction for Navy officer

A general court-martial, completed June 15, 1982 at Naval Base Charleston, S.C., found a naval officer guilty of drug-related offenses.

The officer was sentenced to 18 months confinement, forfeiture of a total of $19,800, loss of 500 lineal numbers, and a letter of reprimand.

Invitation extended for Salinas Rodeo

All military patients and staff o NRMC Oakland are invited as speci guests on Veterans' Day at the annu California Rodeo in Salinas on July 1

The invitation includes a luncheon a the Elks Lodge followed by a trip to th rodeo grounds for the afternoon pe formance. After the show, all will b taken to the American Legion Post N 31 in Salinas for dinner.

All who have attended this outing past years have reported a wonderf time. Last year when they went depart the Legion Post, each perso was presented with a whole hom baked cake to take with them.

Reservations for staff members ar their patients may be made by callir Sally at Special Services, Ext. 2479.

Vet population to fall

The number of living America veterans will decrease by about 40 pe cent during the next 50 years accord ing to projected data released by th Veterans Administration.

The total veteran populatio assuming no future U.S. involvemer in armed conflict, will fall from the cu rent level of 30 million to about 18. million by the year 2030.

Further, the aged veteran populatio will grow dramatically during the ne 20 years. Veterans 65 and older wi increase from about 3.2 million t nearly 9.2 million before the turn of th century.

California is expected to maintain it position as the state with the large number of living veterans, though it veteran population total will fall from current 3.3 million to an estimated 1. million by the year 2030.

The average age of veterans living i California in 2030 is expected to b 55.6, compared to a current 48.3.



WH-E-E!—Just in case the cool weather we're having as this is being written has warmed to its usual July pattern, you might want to take the family to Marriott's Great America in Santa Clara soon to enjoy this cool splashy water flume ride as well as the other attractions. See Special Services first to save nearly $3 on each admission.

Classifieds

Townhouse

For Sale By military owner—Save brokerage commission! 3 bedroom, 2-1/2 bath, immaculate townhouse in quiet safe neighborhood. New paint, carpeting and drapes. Only 8 miles from NRMC Oakland, 6 miles from NAS Alameda, and 15 miles from Treasure Island. 1106 Bismarck Lane, Bay Farm Island, Alameda. Call 865-6126 to see.

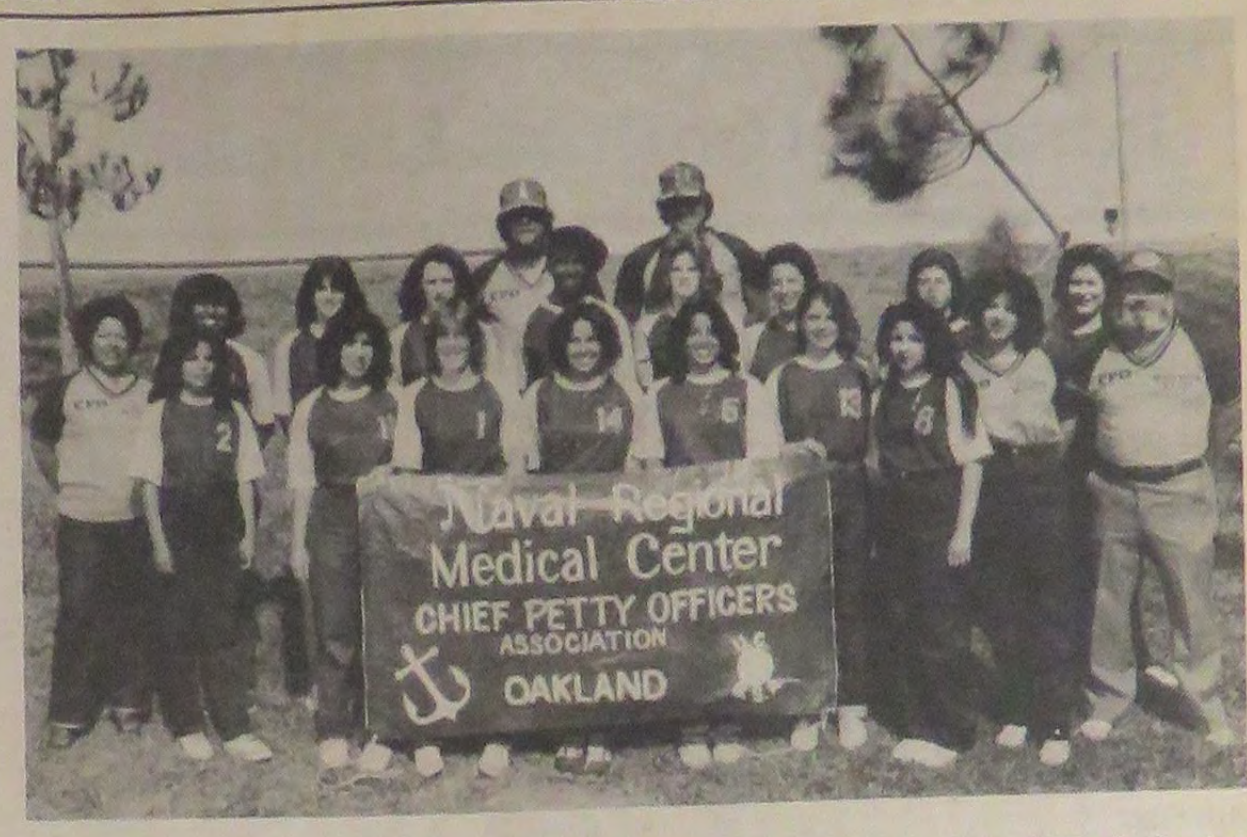
POA sponsors girls' team Union City softball league

he Chief Petty Officers Association RMC Oakland has been sponsoring ung women's softball team (ages 18) in the Union City area.

lanaged by Cecil Sharpe, the team won championships in eight of the nine years. This year the team won and lost three which has put them a disputed championship game to layed in the near future. The dis- e is over a pitching rule instituted by umpires and contested by the CPO m.

The league's "most valuable player," Cathy Kristein, is a member of the CPO Team. Her father, Roland Kristein (former HM2), is one of the team coaches, along with Rich Price. A new coach this year is Margie Garcia, who played on the team in past seasons.

The team is reported as being very impressive this year. Players such as Karen Sharpe, Eleanor Homes, Nicki Trejo, and Stacey Ore have several seasons of experience. As of now the team will be losing only one of the players, so next year may be as bright as this one.



CPOA TEAM—Softball players and officials are, front row (l to r): Ruth Castro (team mother), Donna Castro, Nicki Trejo, Cathy Kirstein, Lisa Torres, Andrea Hernandez, Tish Price, Jackie Perez, Marge Garcia and Cecil Sharpe. Back row: Yolanda Young, Lisa Manning, Karen Sharpe, Jackie Reliford, Stacey Ore, Lisa Inoncencio, Eleanor Holmes and Andrea Lara. Coaches Rich Price and Roland Kirstein stand in the rear.

nnis tourney

Oakland, Lemoore tie in team championships

NRMC Oakland will share identical m championship trophies with NAS noore since both scored eight points the 1982 Central Pacific Regional nnis Championships.

Dr. Jack Avalos from Radiology Ser- e captured the 1982 Junior Vet gles Championship. Avalos and n Kay will advance to the 1982 Interservice Championships being held in Fort Gordon, Ga. on July 26-21.

CAPT. C. Scott won the 1982 Senior Division Championship as he defeated the defending champion CAPT B. Deignan of Treasure Island.

Last but not least, in the Women's Division LT Debbie Driscoll placed third.

'Presidio 10' run set for Aug. 29

The second annual "Presidio 10" will be run in San Francisco on Aug. 29, beginning at 9 a.m. The 10-mile military championship race is sponsored by the Guardsmen, an organization that has benefited underprivileged youths of the Bay Area since 1947.

Many claim this annual event is the best race in the Bay Area. The course runs through the Army's Presidio, the bay front and across the Golden Gate Bridge. It is mostly a flat, scenic course.

Henry Bonsow, race manager, estimated that more than 4,000 persons will make this run this year. He said the $5 donation for the race will provide T-shirts for participants, with the rest of the money going towards the Guardsmen's summer youth camp.

The race will begin in front of the Sixth Army Headquarters on the Presidio of San Francisco's main parade grounds.

For more information, call the Guardsmen at 781-6785.

Questions and answers on Veterans' Administration policy

Q—When are dividends paid on par- ipating National Service Life urance policies?

A—Dividends are normally paid on anniversary date of the insurance licy. No application is necessary.

• • •

Q—I was injured while on active ty in World War II, but have never ed a claim for compensation with the terans Administration. Is it too late to so now?

A—No. There is no time limit for fil- g a claim for compensation. Contact e nearest VA office for assistance.

• • •

Q—I am a former Prisoner of War of World War II and was confined for 28 ays. Am I entitled to dental care rough the VA medical system?

A—No. With few exceptions, dental e benefits are available to veterans th service-connected dental condi- ons only.

• • •

Q—My brother died a few days ago. When his VA pension check comes on the first of the month, can I cash it to help pay for the funeral bill?

A—No, you must return the check to the VA. If you authorize the services, you may apply for reimbursement of your expenses when you have received your final bill.

• • •

Q—I am moving to England soon. Can I use my VA home loan benefits to purchase property there?

A—No, real property must be located in the United States, its territories or possessions to qualify for the VA home loan.

• • •

Q—How does the Veterans Administration define a "helpless child."

A—A helpless child is a child who becomes permanently incapable of self-support due to a mental or physical disability before reaching age 18.

• • •

Q—Can a veteran receive GI Bill educational assistance for attending college and for on-the-job training at the same time?

A—No, educational assistance may be paid for only one type of training at a time.

• • •

Q—I have a Veterans Administration guaranteed home loan which I wish to pay off in advance. Can I do this?

A—Yes, you may pre-pay a VA loan without penalty at any time.

• • •

Q—My husband died while he was a patient in a Veterans Administration Medical Center. Will the VA help with the expense of bringing him home for burial?

A—Yes. If a veteran dies while a patient in a VA Medical Center, transportation expenses to the place of burial may be allowed.

• • •

Q—How long after a veteran is discharged from active duty may he file a claim for compensation and pension?

A—There is no time limit for a veteran to file for a compensation and pension after discharge from military service.

• • •

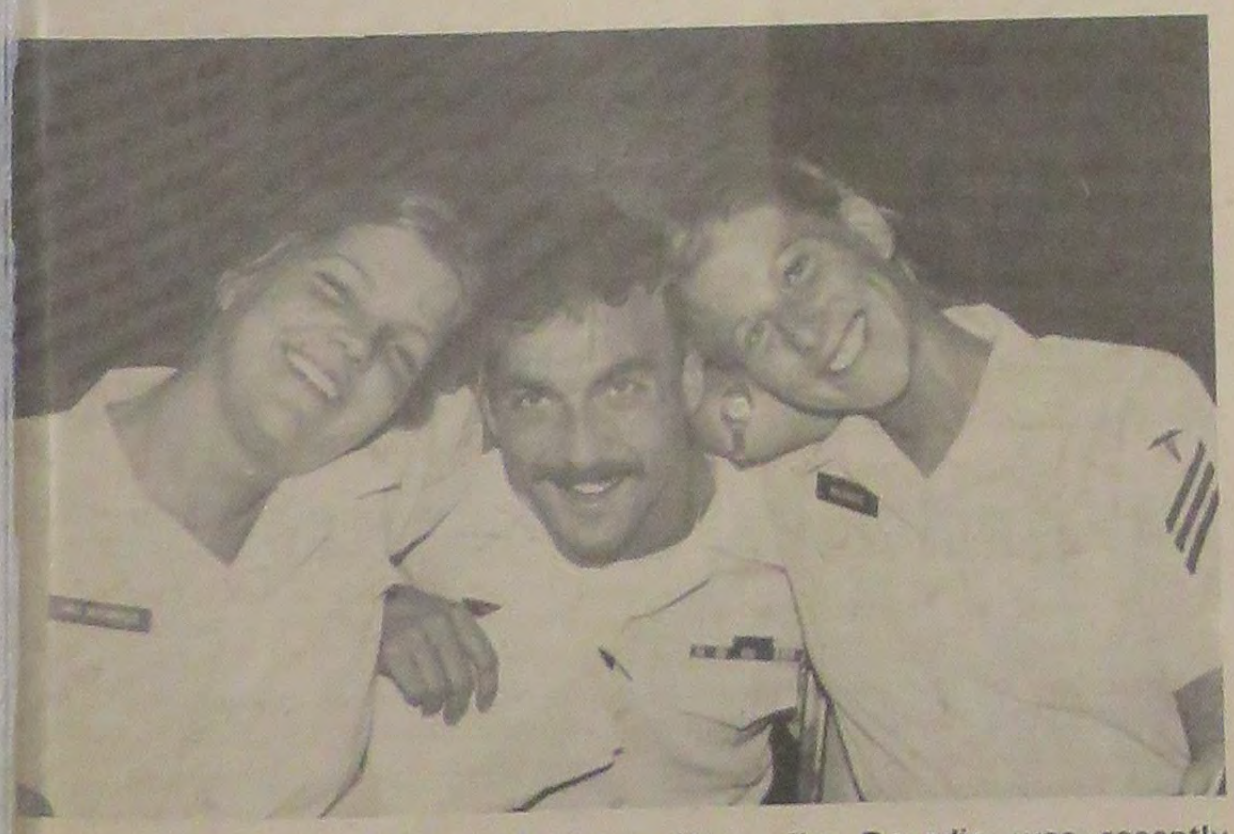
Q—Is there an expiration date on VA home loan benefits?

A—No, loan entitlement is not subject to an expiration date.

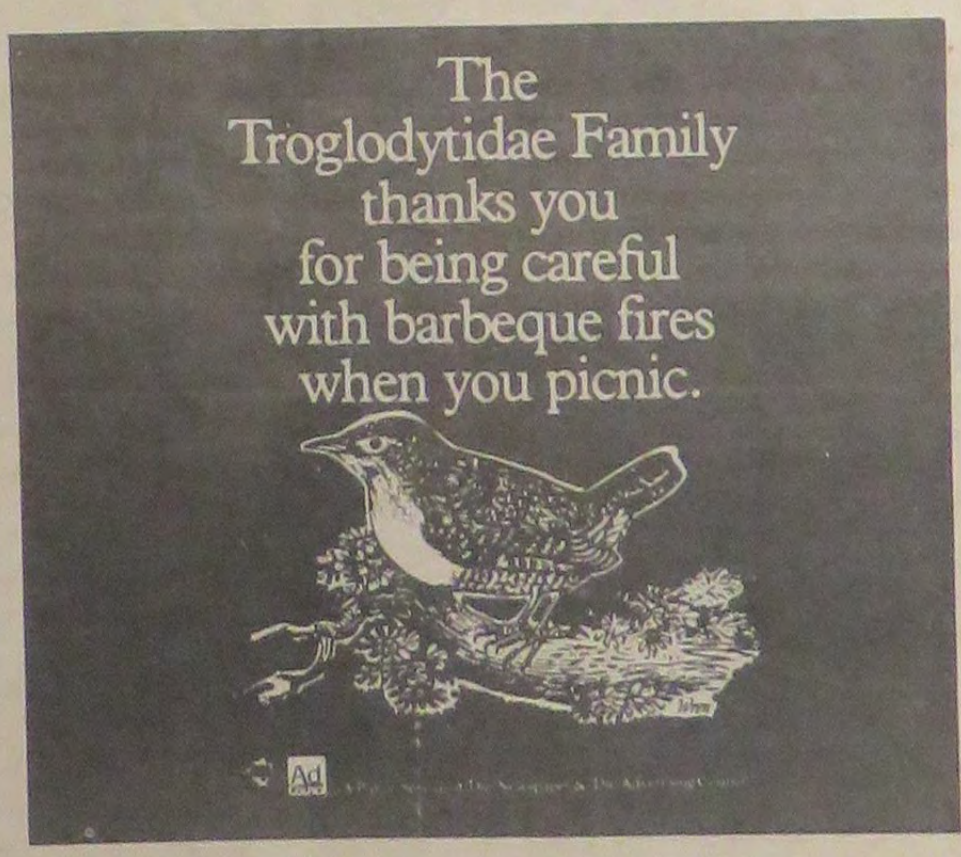
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Q—I receive compensation from the VA for a 10% service-connected disability and have just been informed that I am now eligible for a nonservice-connected disability pension. Will I receive two checks?

A—No, a veteran cannot receive both compensation and pension benefits based on his own service. The VA will pay you the greater benefit unless you elect in writing to receive the lesser benefit.



SHIPMATES—Hospital Corpsman First Class Jim Donadio was recently transferred to Independent Duty School in San Diego. Bidding him a fond farewell during a Porthole party in his honor were Hospital Corpsman Third Class Kelly McDonald (left) and Hospitalman Jenise Richards. All three were assigned together in Military Manpower Service.



Intramural Softball Standings

(Games played thru 6 / 22)

Teams	W	L	PCT.
Anesthesia/Peds/OB	5	1	.833
MSC	4	1	.800
PMT School	8	2	.800
Gen. Med.	8	2	.800
Spec. Services	7	2	.778
LAB	4	3	.571
ORTHO	3	3	.500
CPO	2	7	.222
Med. Repair/Pharmacy	1	4	.200
Nursing Service	1	5	.167
Dental	1	6	.143
NP	1	6	.143
6th Floor	1	6	.143

(Games played thru 6/24)

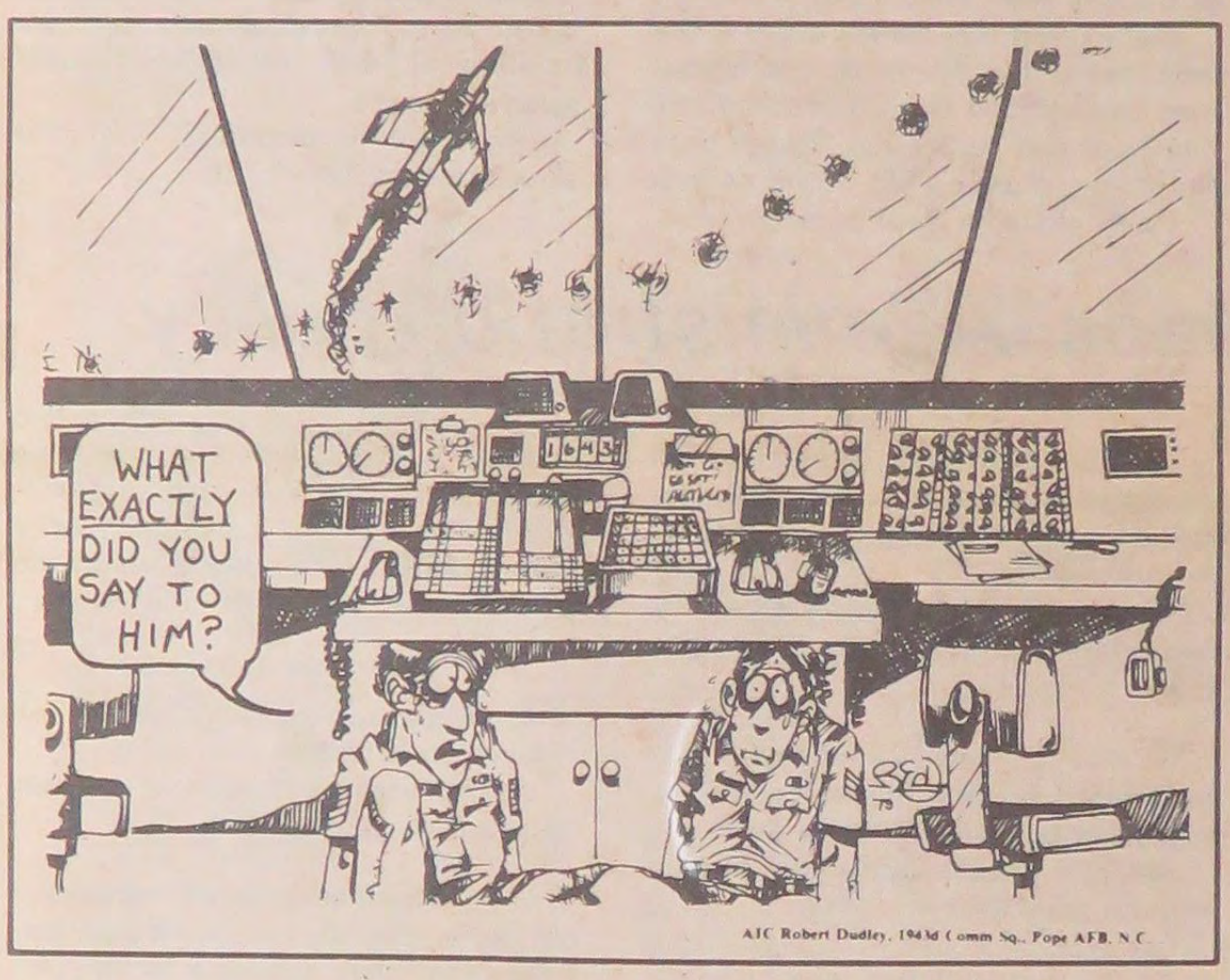
Anesthesia/Peds/OB	6	1	.857
MSC	5	1	.833
PMT School	8	2	.800
Gen. Med.	8	2	.800
Spec. Services	7	2	.778
LAB	4	3	.571
ORTHO	3	4	.428
Med. Repair/Pharm.	2	4	.333
CPO	2	7	.222
Nursing Service	1	6	.143
6th Floor	1	6	.143
NP	1	6	.143
Dental	1	6	.143



KARATE LESSONS—Sensei (Instructor) Carl Hultin (left) leads studer through karate steps. Learning the martial art are (l to r) Ali Voggel, Shirley a Amy Gibbons, and Eric Bolon. Karate lessons are given at the Oak Knoll g every Monday, Wednesday and Thursday afternoon.



IN COMBAT—Student Larry McCray assumes a defensive posture as Instructu Hultin gives a high kick. Karate training is said to develop mental and physic strength and discipline.



A1C Robert Dudley, 1943d Comm Sq., Pope AFB, N.C.



"Goodness . . . I struck my finger."

Center staff best sailors

Under the capable leadership of "Skipper" Randy Eckman of Dental Service, the NRMC Sailing Team won the 1982 Central Pacific Regional Sailing Championship held in San Francisco June 12-13. This was the second year in a row that NRMC Oak Knoll captured the crown.

NRMC Oakland won all the races in a field of 50 military teams.

Members of the crew were LT Randy Eckman, LT Randy Franke and HM1 Brian Bush.

Oak Knoll hosts women's softball

Oak Knoll is hosting the 1982 Central Pacific Regional Women's Slow Pitch Softball Championships here, beginning today and continuing throughout Sunday. All personnel are invited to come on down to the ball field and see women's softball played at its best.

All games are day games. Ca Special Services, Ext. 2350, for start ing times.

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THE
OAK LEAF

Naval Regional Medical Center, Oakland

Vol. 44 No. 14 Friday, July 23, 1982

Farewell message from CO

In my waning hours as Commanding Officer of this Medical Center I would be totally remiss if I did not express my thanks to all of you for your support. Those of you, both civilian and military, officer and enlisted, who have extended (and many times over-extended) yourselves to help us accomplish our mission have my deepest appreciation.

It is in dealing on a day-to-day basis with professionals like you that has made command of this center exciting and rewarding. The many letters of appreciation that have been received here are a reflection of the outstanding service, care and empathy you have made available.

I have always been aware of your worth and I sincerely thank you for your loyal support. Please continue this same support to my successor, RADM Robert C. Elliott. It is a wonderful Navy and an outstanding Command, and we shall always remember the Lonergans' tour of duty here.

God bless you all.

W. M. LONERGAN
Rear Admiral, Medical Corps, U. S. Navy

Change of command ceremony set July 30

Command of a medical region encompassing the main hospital at Oakland, a satellite hospital at Lemoore, and 13 branch clinics, will pass from Rear Admiral Walter M. Lonergan to Rear Admiral Robert C. Elliott on Friday, July 30.

For RADM Lonergan who has commanded the region for five years, it will also be a retirement, marking nearly 38 years of active duty.

The change of command program will begin promptly at 9:30 a.m. at the entrance to the hospital on Oak Knoll grounds. It will include arrival honors, parade of colors, singing of the national anthem, invocation, remarks, reading of orders and benediction. Guest speaker will be Rear Admiral Eustine P. Rucci, Commanding Officer, Naval Regional Medical Center, San Diego. Remarks will also be heard from Rear Admirals Lonergan and Elliott. Other participants will include Catholic Chaplain (Commander) Joseph Ferraro; the Navy Band, San Francisco; Marine Color Guard, 12th Marine Corps District, Treasure Island, and senior staff officers and chief petty officers, plus 100 enlisted personnel of the command.

Uniforms for participants will be: Female and male officers, full dress white, without gloves (or swords); male chief petty officers and enlisted (E1-E6), summer white; female chief petty officers, summer blue "A." and female enlisted (E1-E6), summer white "A." Military spectators and guests will wear the Uniform of the Day.

All NRMC Oakland personnel who may leave their work sites for a few minutes without interference to patient care are invited to witness the ceremony, expected to last no more than 30 minutes. All staff members desiring to view the activities must assemble outdoors; looking out windows of the hospital building will not be permitted, officials said.

All staff members are also invited to a reception in the main dining room immediately following the military ceremony to bid farewell to RADM Lonergan and welcome RADM Elliott. A second VIP reception will follow in the Officers' Club.

An aloha party for RADM and Mrs. Lonergan is planned for the night of July 29, also in the Officers' Club on base.

A steady, warm hand at the helm



Several hundred young persons, ome of them no doubt serving in niform today, were safely assisted to this world by the kindly Navy hysician who has been our skipper ver the past five years.

For those of us who have worked losely with him during this period, his eparture brings a bit of sadness, as we ill sincerely miss his understanding, cumen, sense of fairness, perspicacity nd quick wit. Despite our regrets, owever, we're pleased that he'll have little more time for himself and his mily after nearly 40 years of service his country and humanity in general.

Born 60 years ago in Boston, Mass., the son of a big league professional baseball ayer, Walter Mansfield Lonergan attended college in his home state for three years, hen enlisted in the Hospital Corps of the United States Navy. One of his early assignents as a pharmacist's mate was at Oak Knoll during World War II, and because of his, despite his flag rank today, he has had no difficulty in identifying with the goals nd problems of his junior enlisted staff.

Following his initial hitch, he returned to college and earned a degree of doctor of edicine, then completed an internship and residency in obstetrics and gynecology. ommissioned in the Navy Medical Corps in 1952, he served at naval hospitals on ie East and West Coasts, at Naples, Italy, and at the headquarters of the Bureau of ledicine and Surgery in Washington, D.C. After commanding the Naval Regional ledical Center at Charleston, S.C., he served as Inspector General, Medical, for two ears just prior to assuming command here in July 1977. He has been a Rear Admiral nce February 1975.

He has taught in his medical specialty at two universities and earned numerous edals and awards throughout his long military career. While assigned in ashington from 1966 to 1970, he was also OB/GYN consultant to the Navy urgeon General. This billet brought him some famous patients, including a few in e White House, and it was Dr. Lonergan who personally delivered two of the late resident Lyndon B. Johnson's grandchildren.

Rear Admiral Lonergan took the Oakland helm during some particularly heavy eas. There have subsequently been smooth sailing days and at times, foul weather hat sent the decks both pitching and rolling. Like all able and qualified skippers, owever, he has kept our ship on a steady course. . . instilling pride and professionalm throughout the crew in the most genuine meaning of the phrase.

Our retiring commanding officer and his warm, gracious lady will remain in the ast Bay community, at least for the present. He has not officially announced any ture plans, but it could very well be that his cruise may just have begun.

We wish him Godspeed.

--Betty Beck

NRMC Oakland will be new CO's second command

On Sept. 30, 1981, about a month after he was appointed the Navy's Medical Inspector General, Rear Admiral Robert C. Elliott was promoted to flag rank.

His selection as NRMC Oakland's next Commanding Officer makes this his second time to head a medical region, as he commanded NRMC Bremerton, Wash., for three years before appointment as Chief of Staff to the Navy's Surgeon General. Between that assignment and the IG billet, he was Executive Officer of the Naval Health Sciences Education and Training Command, Bethesda, Md., where he was selected to flag rank in February 1981.

Earlier positions in his 25 years of military service include residencies in Internal Medicine and Pulmonary Diseases, Naval Hospital, St. Albans, N.Y.; staff internist and pulmonologist, Naval Hospital, Portsmouth, Va.; Head, Tuberculosis Section and Director, Pulmonary Diseases, Naval Hospital, St. Albans, and Head, Pulmonary Diseases Branch, National Naval Medical Center, Bethesda.

In 1967 Dr. Elliott returned to Naval Hospital, St. Albans, as Assistant Chief of Medicine and Director of the Residency Program in Pulmonary Diseases. At that time he also served as the Navy representative on the Veterans Administration Armed Forces Pulmonary Research Board. In 1970 he returned to the National Naval Medical Center, Bethesda, to serve as Director, Pulmonary Disease Section. In 1975 he assumed duties as Deputy Commanding Officer and Director of Clinical Services at the Naval Regional Medical Center, Great Lakes, Ill., followed by the Bremerton command.

Born July 20, 1931 in Glen Ridge, N.J., Rear Admiral Elliott graduated from New York University in 1953, earning an M.D. four years later from that university's College of Medicine. He was commissioned in the Navy Medical Corps in 1957 and served his internship at Bethesda.

Rear Admiral Elliott is a Diplomate of the National Board of Medical Examiners and is an active member of the American Thoracic Society and the American Academy of Medical Directors. He has served as Assistant Professor of Clinical Medicine at Georgetown University School of Medicine, Associate Professor of Medicine at George Washington University School of Medicine, consultant in Pulmonary Diseases to the National Institute of Health, Bethesda, and consultant in bronchoesophogology to the American College of Chest Physicians. He has authored numerous articles and publications in the field of pulmonary diseases.



RADM R.C. Elliott

Rear Admiral Elliott is married to the former Constance Mezzasalma of Brooklyn, N.Y. The Elliotts have three children: Mrs. Julie Curtis (who lives in Seattle), Robert C. Jr. (a Duke University student), and Ross W., a high school junior.

The Elliotts are expected to make their new home on medical center grounds.

Base cleanup set Wednesday

All personnel are reminded that a base cleanup is scheduled for Wednesday afternoon, July 28.

The working parties will muster at the picnic grounds at 1 p.m. Food and refreshments will be served all volunteers at completion of the project the same afternoon.

Editorial---

Our patients write. . .

I want to send you this note of appreciation following my stay at NRMC Oak Knoll. I recently had an operation and a 10-day stay at the hospital, and was very impressed with the wonderful professionalism and caring of the staff on the Orthopedics ward. While on 7 North, I was treated with nothing less than superb politeness and concern, and couldn't have been more confident I was in the best of hands.

I have six years of service as an Air Force pilot, and I have to say I have seldom been more impressed with an organization in that time. Thanks to you and the Navy for your help during stressful times. . . everyone was so nice, I would like to just list their names in appreciation:

LTJG Wotowic, ENS Hunter, LT Newsome, LT Myers, LT Owens, LTJG Cagle and ENS Smith.

Corpsmen: HN Rockefeller, HM3 Kooser, HA Comins, HA Roszko, HA Cook, HA Cosgrove, HN Walker, HM3 Neal, and HA Tingen.

Also: Dr. Daniel*, Dr. King, and Dr. Kopp.

Martin L. Read
Captain, USAF

Please accept my apologies if I left out any names.

* Special thanks to Dr. Daniel, primary attending physician.

• • •

It seems a sad commentary on society that people are so often cold and distant to one another—so quick to criticize. Then in haste and selfishness we neglect to say "thank you" when the opportunity arises. The Naval Regional Medical Center Oakland was recently the site of one of the most emotionally trying times of my life and I feel compelled to share my experience with you. I hope you will have the time to read this letter and perhaps in some manner pass it along to the appropriate individuals.

My husband, Hugh E. Hope, was admitted to NRMC in March for tests. . . initially suspected to be related to his diabetes. He was subsequently diagnosed. . . a diagnosis he had already determined himself based on his 20 years experience as a Navy Hospital Corpsman. . . a team of five of your doctors performed by-pass surgery on April 2. Although we had all hoped he would live another five months, he was able to return home for about two weeks, then had to be readmitted on May 4 and passed away quietly on the evening of May 17.

It is hard for me to express the gratitude I feel for the treatment extended to my husband and myself. Hugh had always wanted to be a doctor and, of course, had a considerable amount of medical knowledge. Right to the last, he had the utmost confidence in and respect for those who tried so hard to help him. Everyone with whom I came in contact was most kind and went out of their way to provide me both physical and emotioal support. This includes doctors, nurses, corpsmen, chaplains, even the cafeteria employees. You have a fine staff who not only display technical and professional expertise—but also the all too rare ability to relate to others as fellow human beings.

I would like to thank in particular the Blue Surgical Team headed by Dr. Abel, Dr. Walker, Dr. Haller, Dr. Scott and Dr. Oller.

Dr. Susan Walker was especially informative and kind to my daughter from Ohio in taking the time to discuss with her both physical and emotional aspects of her father's case. I also wish to thank all the personnel assigned to 6th Floor North, and the ICU staff. I commend you for your fine leadership in running such an enormous, successful and humanitarian organization.

Velma Hope
Tracy

• • •

I have been attending the Weight Reduction Clinic for some time and have really benefited from Mr. Love's special way of helping and encouraging us even when we goof up at times. He is super. . . just wanted to express my thanks and appreciation for this program.

Helen Roselius

• • •

I take great pleasure in taking this time to do a task I normally avoid when possible (letter writing); however, this is a special occasion. I am taking this opportunity to express my appreciation for the professionalism and compassion demonstrated by your staff on my two recent requirements to use the NRMC.

I was an inpatient (Surgery Ward, Dec. 81), and an outpatient (Surgery Clinic, Mar. 82). Both incidents required extensive follow-up. At all times I was treated with courtesy, concern and professional approach. So, a special thank you to your fine staff. To name a few: Dr. Oller, Dr. Dickey, Dr. Haller, Dr. Holm, and Ms. Sandel, also the other staff members, their names regretfully (I) do not recall. I am sure you will make them aware of this communication.

Walter W. Willis
MSGT, USAF (Ret.)

Chaplain's Corner

The Joy of Christ

By LT M. Kathy Brown
Chaplain Corps, U. S. Navy

"Weeping may endure for the night, but joy comes with the morning." Psa. 30:5

There are many kinds of joy. Sometimes it comes silently, opening all closed doors and making a home in the hollow heart. Joy brings its own greeting and salutation, it has no forerunner.

The composition of joy consists of many elements—a little sadness, a sharp pain, a glimpse of dismay, a murmur of silence, the clasp of a held hand, a fleeting moment of goodness, and the joys one receives over and over again—joy is often much of this.

This is found in Psa. 30:5, in the joy of Christ. Joy cannot be earned but can only be given through God's unmerited favor. The Joy of Christ is a precious ingredient in the existence of a fulfilled life.

When you receive this gift of joy, it allows you to go out and stir up the joy in others—it brings gladness to sorrowed hearts and spreads sweet music all around without the words or tunes. To be touched by this joy is to be truly blessed by God.

Count your blessings instead of your woes,

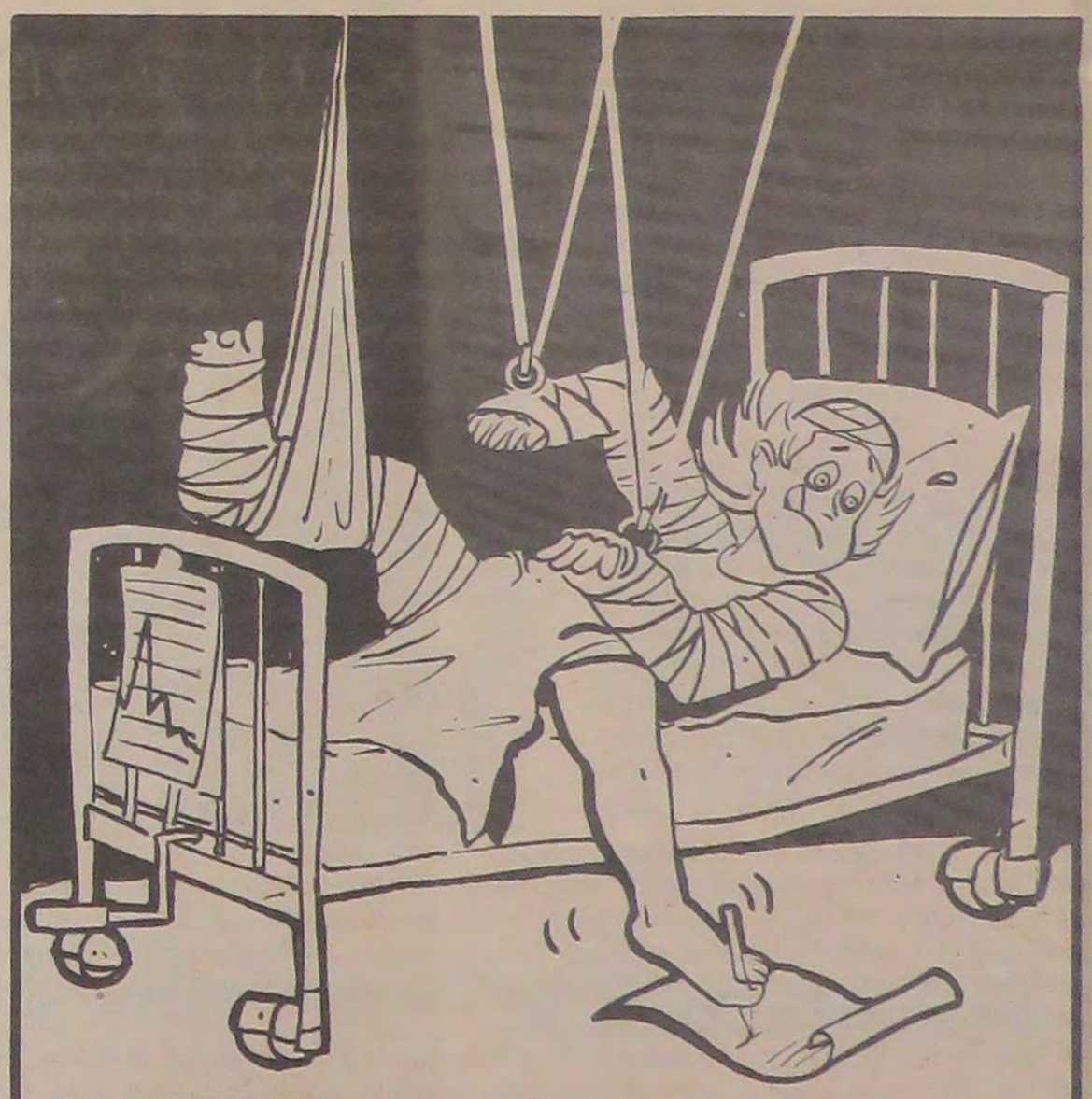
Count your friends instead of your foes,

Count your gains instead of your losses,

Count your health instead of your wealth,

Count your joys instead of your sorrows,

Most of all, count on God instead of yourself.



CHAMPUS-
If They Can't Sign, You Can

If a dependent spouse is able to write at all . . . he or she must sign their own CHAMPUS form! Only in special cases can the military member sign for an eligible dependent.

That's the truth. Your Health Benefits Advisor has all the information and can provide detailed instructions.

ALL IN FAVOR OF SAVING FUEL
RAISE YOUR RIGHT FOOT



NAVAL REGIONAL MEDICAL CENTER
OAKLAND, CALIFORNIA

RADM W.M. Lonergan, MC, USN, Commanding Officer

CAPT H. James T. Sears, MC, USN, Director of Clinical Services

CDR Frank D. Fisher, MSC, USN, Director of Administrative Services

Editor: Betty Beck

Editorial Clerk: Pat Heaphy

Photography: HM1 Garry Silk
HM2 Larry Marchionda

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Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF Naval Regional Medical Center, Oakland, CA 94627.

Another executive position

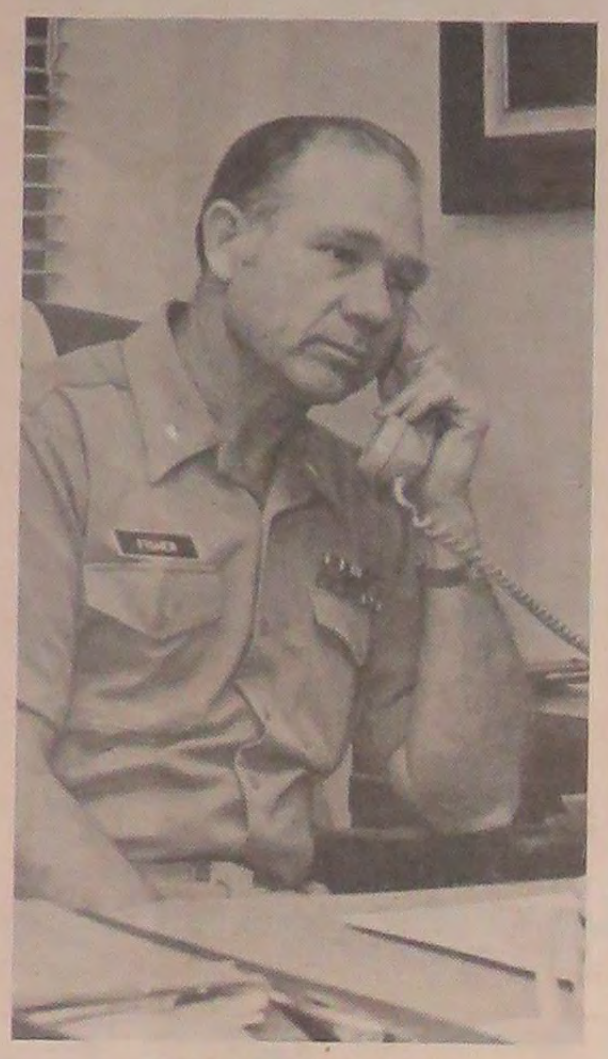
Director to detach soon for new San Diego billet

Departing this command within the ext 10 days will be Commander Frank . Fisher who has been Director of dministrative Services for Naval egional Medical Center Oakland for he past three years.

His new duty station will be San ego where he will be assigned as ecutive Officer, Naval School of alth Sciences. Commander Fisher ill be relieved on the Oakland execu- ve staff by Commander Charles R. oar *(see separate story, this issue),* ho has already reported aboard.

Commander Fisher will soon mark 0 years in the Navy. The Talladega, la. native was recruited into the Navy n Aug. 13, 1952 and served through ie Hospital Corps rates all the way to hief Hospital Corpsman. He was com- issioned an ensign in the Medical Ser- ice Corps on Nov. 1, 1964 while serv- g at the Navy Nuclear Power Unit, Ft. elvoir, Va.

He reported to Oakland in July 1979 llowing duty as Director of dministrative Services at Naval spital, Key West, Fla. Other recent uty was Naval Regional Medical enter, Charleston, S.C., where he was hief of Patient Affairs; National Naval edical Center, Bethesda, where he as Assistant Chief of Patient Affairs, nd Battalion S-4 Company Executive nd Administrative Officer with the 1st arine Division, serving in the Republic Vietnam.



CDR Frank Fisher

His decorations include the Navy Commendation Medal with Combat V; the Combat Action Ribbon; Presidential Unit Citation; Navy Unit Citation; Vietnamese Presidential Unit Citation with Palm; Vietnam Service, National Defense and Good Conduct awards.

rief electrical outage tomorrow

Public Works Service has an- nced that there will be an electrical tage tomorrow in Bldg. 500 (the in hospital) for two short periods of e.

Circuits involved include all ergency power and lighting (red out- and switches) on the fifth through ninth decks. All power will be out these circuits from about 8 to 8:30 .. A second outage will be required in the afternoon for the same amount of time.

Elevators 1 through 6 will also be secured 10 minutes before the electrical outages and will remain out of service for approximately 40 minutes.

According to Mr. Ben Nelson of Public Works, the brief outage is necessary to replace an automatic transfer switch with the "newest state of the art equipment."

Where the profits go

Navy Exchanges worldwide gener- d $39,812,000 to support Navy reation services during the past ar. Local commands received 0,202,000 for morale, welfare and reation programs, and the Navy ntral Recreation Fund received 6,610,000 to support recreation grams throughout the Navy.

Navy Exchanges worldwide orded sales of $1.5 billion. Price nparison surveys show that NEX tomers saved 19 percent compared average commercial prices for the e items of merchandise.

The gasoline/fuel departments had largest dollar sales totaling more than $159 million worldwide, followed by tobacco and smoking accessories with more than $106 million in sales worldwide. Food service sales came in third, with a reported $104 million sold worldwide.

During the same reporting period, Navy Lodges reported a 90 percent occupancy rate and had sales of $8,107,000. The lodges' figures are not included in the total NEX figures.

tilities out

The utility blue (dark blue pullover) form is no longer authorized, cials report.

Acceptable uniforms for working ies or situations where the uniform become unduly soiled are garees. The change became effec- July 1.

AUTOVON
USE IT... BUT DON'T ABUSE IT!

Job openings

Applications will be accepted through July 26 by Civilian Personnel Service at Oak Knoll for the following positions in the medical region:

Health Technician (Optometry), GS-4/5, Occupational Branch Clinic, Mare Island Naval Shipyard.

Food Service Worker, WG-04, Food Management Service, NRMC Oakland.

Medical Clerk (Typing), GS-3, Branch Clinic, NAS Moffett Field.

Medical Clerk, GS-4, Occupational Branch Clinic, Mare Island Naval Shipyard.

Supply Clerk (Typing), GS-5, Stock Control Branch, Supply Service, NRMC Oakland.

For detailed information on the Food Service Worker job call Jennie Thompson; for all other positions, Maurine Tinsley. Both may be reached at 639-2116.

Commander Charles R. Loar

New DAS comes from similar Orlando billet

Commander Charles R. Loar, who will soon assume duties as Director of Administrative Services for Naval Regional Medical Center, Oakland, has considerable experience in the civilian health care professional field.

First enlisting in the Navy as a Seaman Recruit on Jan. 12, 1953, he advanced through the rates to Yeoman First Class, then worked in the civilian community while maintaining an active Naval Reserve affiliation. His positions as a civilian hospital administrator included the Kings Daughter's Hospital in Ashland, Ky. where he was Comptroller; University of Florida Hospital and Clinics, Gainesville, Fla. where he was Assistant Director, and Baptist Medical Center Princeton, Birmingham, Ala. where he held the position of Executive Vice President and Chief Executive Officer.

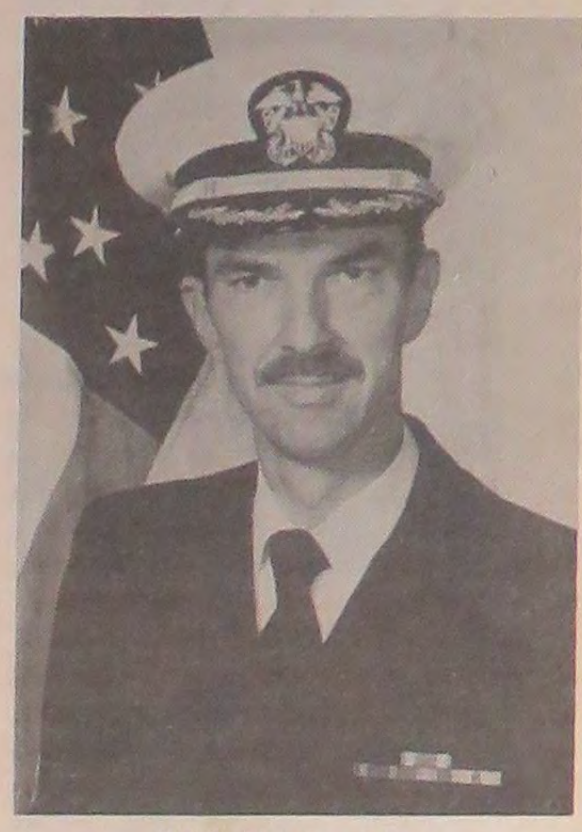
The Medical Service Corps officer was commissioned an ensign on Aug. 23, 1965, and was the first officer in that corps to attain the rank of Fellow in the American College of Hospital Administrators (ACHA). For the past six years he has been the Navy Representative for the Regent-at-Large for that organization.

Commander Loar is an approved preceptor for graduate programs in health care administration at the U. S. Army-Baylor University, the George Washington University, Brigham-Young University, Washington University, and the University of Alabama. His academic appointments have included associate professorships at the Universities of Alabama and Florida, and as an instructor at the Jefferson State Junior College.

The commander received his bachelor of science degree from Marshall University, West Virginia, and a master of business administration from the University of Florida. He also completed postgraduate work at George Washington University.

He comes to Oakland from Naval Regional Medical Center, Orlando, Fla., where he was also Director of Administrative Services. Other recent Navy assignments include duty at National Naval Medical Center, Bethesda, Md., as Assistant to the Executive Officer, Fleet Medical Liaison Officer and Regional Health Care Coordinator; Bureau of Medicine and Surgery, Washington, D.C., as Director, Health Care Administration Division, Director, Quality Assurance Division, and special assistant to the Surgeon General for Health Care Administration.

Commander Loar's military awards include the Meritorious Service Medal, the Navy Commendation Medal, Navy Achievement Medal and the Armed Forces Reserve Medal.



CDR Charles Loar

In addition to his active participation in ACHA, he is a member of the Inter-Agency Institute for Federal Health Care Executives and the Association of Military Surgeons of the United States. He has served on numerous committees of ACHA, the Florida Hospital Association and the Alabama Hospital Association.

He is a native of Ashland, Ky., and the son of Mr. and Mrs. Lige Loar. The commander is married to the former Janelle Mayo of Water Valley, Miss. They have four children. David, the oldest boy, is presently serving on board the USS PROTEUS (AS-19), homeported in Guam. Son Mark is a junior at the University of Mississippi, while daughters Karen and Paula are juniors in high school.

Bad docs get reported

Under new guidance issued by the Department of Defense, the military services are now required to notify appropriate civilian licensing agencies when a military physician is discharged for poor medical performance.

This action brings the military in line with states and other jurisdictions which already are required to report instances of physicians losing their credentials.

The new DoD policy is in the form of an interim memorandum signed by the Deputy Secretary of Defense but is expected to be codified into a formal directive by this fall. **(AFPS)**

IG visit announced

Rear Admiral Roger F. Milnes, Inspector General (Medical), and his team are expected to arrive in the area in mid-August to conduct a routine, periodic inspection of this medical region.

Tentative plans call for the team to report on Aug. 17, spend the first two weeks inspecting the branch clinics and Naval Hospital Lemoore, then begin inspection of the main hospital at Oak Knoll on Aug. 30. They plan to end their visit Sept. 11.

RADM Milnes will be accompanied by Nurse Corps Captain Bernadette McKay; Medical Service Corps officers Captain Loyd Nichols, Commander Paul Johnson and Lieutenant Commander Wayne Glover; and Master Chief Hospital Corpsman J.J. Jackson.

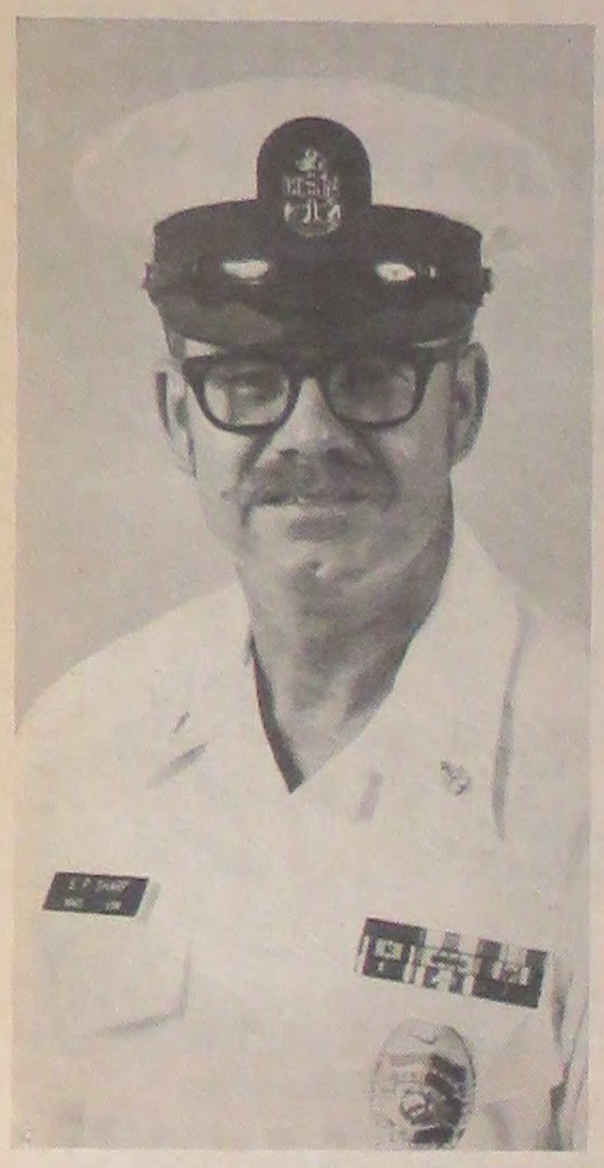
Others on the team will include representatives of the Health Sciences and Educational Training Command and the Bureau of Medicine and Surgery's Equal Employment Opportunity Office. They will receive local support and augmentation from Chaplain Corps, Supply Corps, and other specialized areas as necessary.

QA team to visit

Nurse Corps Captain Theresa Proto and Medical Service Corps Commander P.E. Daniel are expected to visit Naval Regional Medical Center, Oakland, Aug. 4 through 6.

The Quality Assurance assistance team is from the QA Division of the Navy Bureau of Medicine and Surgery, Washington, D.C.

MACS Sharp best leader



MACS Edward P. Sharp

Senior Chief Master at Arms Phillip Sharp, NRMC Oakand's Security Officer, has earned the Semi-Annual Leadership Award, a special recognition presented twice a year by the command for senior non-commissioned officers who have made outstanding contributions.

Senior Chief Sharp is said to be intensely loyal to the Navy and very interested in the efficiency of his department. He puts in many extra hours of work to complete projects or resolve problems, officials report, adding that he is extremely motivated and works well on his own. "He has a 'can do' attitude about his job and is an excellent example of a chief petty officer," one said. The senior chief has also gained a reputation of always having time to listen and counsel younger Navy men and women with their problems.

In commenting on his selection, he said: "The trust and faith the command placed in me by assigning me to my present position was more than enough recognition for my capabilities and performance. . . the receipt of this award makes me more in debt and proud to say that I have served with and for the best chiefs and officers in the Navy. . . I only regret that I shall not have time to repay the command or its personnel before I will have to depart. . . I will take with me new knowledge gained here and hope I have left instilled in some a small token of my appreciation. . . I have so many people to thank, especially the security patrolmen who deserve my sincere thanks for a job well done."

Senior Chief Sharp will leave in January for sea duty. He has been assigned to NRMC Oakland since April, 1980 and has nearly 20 years naval service to his credit. Prior billets have been at Key West, Fla., San Diego, Calif., Treasure Island, Pt. Mugu, Guantanamo Bay, and aboard the USS BRISTER (DER 327), USS R.K. HUNTINGTON (DD 781), USS W.L. LIND (DD 703), USS J.R. PERRY (DE 1036) and the USS ELLIOT (DD 967).

His military training has included Sonarman (Surface) Class "A" and "B" School; U.S. Air Force Military Police; U. S. Navy Master at Arms; U. S. Army Physical Security; Ventura County Sheriff's Academy, and the California Reserve Police Officers' School in Pittsburg, Calif.

The security officer holds four Good Conduct awards, the U. S. Navy Expedition Medal, National Defense, Armed Forces Expedition Medal (two awards), Vietnam Service (four campaigns), Sea Service Ribbon (two awards), Battle Efficiency "E" Ribbon, Vietnam Campaign and the Expert Pistol Medal.

Senior Chief Sharp and his wife Linda are parents of a son and live on Treasure Island. Originally from Sheffield, Ala., the senior chief likes to bowl, play softball and restore autos.

Register early

The NRMC Oakland legal office points out that military personnel who must register before receiving their ballots from home should submit registration applications as soon as state laws permit so that their votes will be counted.

For more information, call Ext. 2482.

CPO course planned

NAVOP 066/82 announced the new Chief Petty Officer indoctrination course. This 19-hour training package is tailored specifically for newly appointed CPO's. The purpose of the indoctrination course is to generate confidence on the part of the new E-7 by providing knowledge and skills which will facilitate the transition to Chief Petty Officer. This course will commence immediately and is required for newly appointed Chief Petty Officers selected as of August 1982. It is not a prerequisite for advancement; however, CPO selectees may not be frocked until this requirement has been met.

This course was developed by the Chief of Naval Education and Training and addresses 12 major areas: introduction, authority and responsibilities, leadership and management, communication skills, Navy programs, uniform regulations, watches, CPO messing and billeting, CPO career incentives, military and social etiquette, CPO image and fraternal relationships, and course critique.

The instructor guide, NAVEDTRA 10822, was distributed to every ship and command in the Navy June 26.

SECNAV praises civilian workers

Secretary of the Navy John Lehman lauded the nine Navy civilians who operate the Dare County, N.C., bombing range June 28, calling them "unsung professionals," and presenting them with an award of merit for keeping the range open at all times.

Secretary Lehman, a Naval Reserve Commander who was undergoing two weeks active duty for training as a bombardier-navigator, then returned to NAS Oceana, Va., boarded an A-6 "Intruder" attack aircraft, and bombed the range. The range, located near Kitty Hawk, NC. is the major tactical air bombing range on the east coast.

During the award ceremony, Secretary Lehman praised the men for their ingenuity and efficiency in solving problems. As an example, the men bought 13 goats to keep grass low, rather than ask the Navy for mowers. "I'll put the efficiency of this place up against any of the Fortune 500 companies anytime," the Secretary said.

Harry C. Mann is supervisor of the range. Other workers are Hurbert Basnight, Roger Hemilright, Dean Lewis, William Creef, Claud Hurt, Jr., Iris Ralph, Gaither Gray and Walter Lewey.

Helen Koetitz leaves federal service



Helen Koetitz

Helen Koetitz, former secretary to Captain William J. Storz, Chief of Surgery, left the medical center on July 9 on medical retirement after more than 10 years' federal service.

Painful osteoarthritis of the finge joints forced her to leave a position th requires much typing. "I literally type my fingers to the bone," she quippe adding that she fully intends to kee busy in retirement, perhaps find som type of volunteer work that doesn require as much dexterity. "I do inten to return to school and take some fu things," she told us.

The popular Mrs. Koetitz worked i the private sector for some time befo entering government service. She wa secretary to the president of a insurance company for nine years an during World War II served as secretar to the personnel manager of an ord nance manufacturing firm. Followin the war, she stayed home to rear family, then returned to the work forc in a job at Naval Supply Center, Oak land. Helen's first job at Oak Knoll i February 1974 was with Legal Service She transferred to the Chief of Surg ery's office in February 1981.

Helen is married to Kenneth Koetitz a retired research chemist of an o company, who has been working on second career in the Special Chemistr Lab here for the past two years. He w remain on the Oak Knoll staff.

The family home is in Pleasant Hil

Disciplinary Actions

CO's NJP, June 10

RATE	VIOLATION	AWARD
DT3	30 minutes unauthorized absence *(Article 86, UCMJ)* Disrespect toward superior officer *(Article 89)* Use of obscene language around patients *(Article 134)*	Forfeiture of $50 pay for one month; extra duties for five days.
HN	Two hours unauthorized absence *(Article 86)* Incapacitated for performance of duties *(Article 134)*	Forfeiture of $100 pay for one month; extra duties for seven days.

CO's NJP, June 17

HM3	Violation of binnacle list *(Article 92)* Wrongful disposition of government property *(Article 108)* Racial slurs *(Article 134)*	Forfeiture of $75 pay for two months; reduced in rate to E-3 (reduction suspended for 120 days)
FTMSA	5 days unauthorized absence *(Article 86)*	Forfeiture of $100 pay for one month; extra duties for 10 days.
HR	30 days unauthorized absence *(Article 86)*	Special Court martial.

CO's NJP, June 24

HM3	Unauthorized absence for two hours *(Article 86)* Incapacitated for performance of duties *(Article 134)*	Forfeiture of $100 for one month.
HM2	Disrespect to a petty officer *(Article 91)* Failure to obey lawful order *(Article 92)* Provoking speeches *(Article 117)* Assault *(Article 128)*	Forfeiture of $100 for two months; reduction in rate to E-4 (reduction suspended for 120 days)
AA	Possession and use of marijuana *(Article 92)*	Reduction in rate to E-1 (reduction suspended for 120 days); forfeiture of $100 for two months.

CO's NJP, July 1

HM3	Disobedience to a petty officer *(Article 91)* Failure to obey lawful regulation *(Article 92)*	Forfeiture of $75 for two months.

CO's NJP, July 8

HM3	Possession of marijuana and paraphernalia *(Article 92)*	Summary Court Martial.
HM3	Unauthorized absence for 18 hours *(Article 86)*	Forfeiture of $100 for two months.
HN	Unauthorized absence for six days *(Article 86)*	14 days extra duties; reduction in rate to E-2 (reduction suspended for 120 days).

HM2 Danny P. Crisman named SOQ at TI clinic

Hospital Corpsman Second Class Danny P. Crisman, Pharmacy Technician at NRMC Oakland's Branch Clinic on Treasure Island, has been selected as that activity's current "Sailor of the Quarter."

He has been cited for consistently performing demanding duties in an exemplary and highly professional manner so as to contribute immensely to improved operation of the pharmacy. Officials wrote, "Your perseverance and conscientious effort in helping rearrange the distribution process and safety procedures of the Correctional Center Dispensary Medication System have been instrumental in upgrading that facility's health care service. Furthermore, through your exceptional administrative skills, you developed a highly organized medication stocking and filing system which provides better accessibility to those items."

Petty Officer Crisman was also commended for military behavior, impeccable behavior, pleasing personality, willingness to help others, untiring efforts, and total suport of regional policies.



HM2 Danny P. Crisman

Kudos....

NAVY ACHIEVEMENT MEDAL

Ensign Phillip Fordice, Medical Service Corps

LETTER OF APPRECIATION

Hospital Corpsman First Class Gerald Jackson, from Commanding Officer, NRMC Camp Pendleton.

RESIDENCY CERTIFICATES

Lieutenant Commander John Kirby, Medical Corps, Radiology.

Lieutenant Commander Albert Saleker, Medical Service Corps, Podiatry.

Lieutenant Commander Dennis Amundson, Medical Corps, Internal Medicine.

Lieutenant Commander Stephanie Brodine, Medical Corps, Internal Medicine.

Lieutenant Victor Sharpe, Medical Corps, Internal Medicine.

Lieutenant Commander James Tagle, Medical Corps, Radiology.

GOOD CONDUCT AWARDS

Hospital Corpsman Third Class Daniel Dees.

Hospitalman Timothy Sherman.

HM2 Rodriguez selected SOM



HM2 Rodriguez

Hospital Corpsman Second Class Margarita Rodriguez, Leading Petty Officer in Nursing Service's detailing office, was selected as NRMC Oakland's Sailor of the Month for June, and cited for "innovative contributions... exceptional professionalism, initiative and dedication to duty."

Petty Officer Rodriguez, whose ambition is to be a Drug and Alcohol Abuse Counselor, has been assigned to Oak Knoll for four years. She has nine years of military service—three years in the Army as a Specialist Fifth Class and six years in the sea service. Navy duty assignments have included Eleuthra, Bahamas; Roosevelt Roads, Puerto Rico; Great Lakes, Ill., and Oakland.

She was Sailor of the Quarter in 1978 at her duty station in the Bahamas, and also holds the National Defense and Good Conduct awards.

Speaking of her selection as NRMC Oakland's best for June, HM2 Rodriguez said, "I am very honored to receive this award. Thanks to all who made it possible."

The daughter of Mrs. Confesora Forte of Camden, N.J. became a licensed practical nurse through specialized training in her home state. In the service she has completed instruction as a postal clerk and as a Hospital Corpsman. She is also certified as an Emergency Medical Technician.

Both in 1980 and 1981 Margarita was a member of the NRMC Women's Varsity Softball Team. She also plays racquetball for her own enjoyment. Other hobbies include reading, crafts and bicycling.

Comings and Goings

"Fair winds and following seas" the following personnel who have cently departed this command:

LT Michael A. Turner, NAS Penicola, Fla.

LT Edward W. Jewell, NAS Penicola, Fla.

LT Sue E. Carner, released from tive duty.

LT Gary S. Harris, Iwakuni, Japan.

LT John F. Wyman, to Dayton, Ohio.

LT Berry E. Lewis, Branch Clinic, offett Field.

LT William T. Merritt, released from tive duty.

HN Frank J. Bowen, USS CONTELLATION.

DTC Donald E. Hritz, NNMC thesda, Md.

LT William Siebert, Port Hueneme, lif.

LCDR Lolita Chiong, Branch Clinic ameda.

HN John C. Ticer, Camp Pendleton, lif.

LT Mark Wagner, Camp Lejeune, C.

HM2 Mitchell Hirsch, released from ive duty.

LT Mark Richardson, USS NIAGARA LLS.

LT Suzanne Belmore, released from tive duty.

HM3 Shannon Daugherty, Purdue iversity-ROTC.

LCDR William Cagle, NNMC thesda, Md.

ENS Phillip Fordice, Camp ndleton, Calif.

HM3 Theodores McSpadden, AS, Yuma, Ariz.

CDR Eduardo Fajardo, Tripler Army spital, Hi.

LT Mark W. Gow, 3rd Marine Divin, Okinawa.

LT Robert S. Hamilton, Okinawa, pan.

HR Brian T. Kelley, released from tive duty.

LT Bryan O. Barnett, Naval Hospital moore.

HM2 Francis P. Girotti, released from ive duty.

HA Daniel E. Hancock, Pensacola, .

ETC David P. Yocom, released from ive duty.

HM3 Owen Devine, USS EMORY ND (AS-38).

HM3 John R. Darney, NRMC Camp jeune.

HM2 Gary Dover, CBC Gulfport nch Clinic.

HM3 Edward Shrum, MCB 3 Port eneme, Calif.

HM3 Mitchell P. Joyce, Roosevelt Roads, P.R.

HM3 Michael E. Paulin, NRMC Guam.

HM2 Jack H. Howell, USS PUGET SOUND.

HM3 Paul A. Cassell, NRMC Yokosuka, Japan.

HM2 David W. Hillman, NRMC Subic Bay.

HM3 Norma Kropelnicki, NAS Alameda.

HM3 Lawrence West, NRMC Guam.

HM2 Donald Gray, NAS Chase Field, Tex.

HM2 Albert Spinks, USS EL PASO.

HM2 Timothy Porter, USS ORION.

HM2 Christopher Sheridan, USS BELLEAU WOOD.

HM2 Ronald Spell, USS SACRAMENTO.

HM2 Michael Hughes, USS DURHAM.

HM1 David Fitch, NAVCOMSTA, H. E. Holt, Australia.

HM2 Robert Joyner, NAVSUBSPT Base, Kings Bay, Ga.

HM1 James Carrawell, Naval Hospital Guantanamo Bay.

HM2 Leonilo Oribello, USS ST. LOUIS.

HM2 Marcus Sapp, USS CONSTELLATION.

HM2 Catherine Wilson, NRMC Yokosuka.

HM3 Charles Risley, 3rd FSSG, Okinawa.

HM2 William C. Dwyer, Barstow Branch Clinic.

HM3 Douglas Spehr, NRMC San Diego, Calif.

LT Richard Erwin, NRMC Okinawa.

HM2 Joey Casiano, Norfolk, Va.

HM1 Kurt M. Bockoven, NSHS San Diego, Calif.

HM1 James A. Carter, released from active duty.

CDR James R. Schneider, NRMC San Diego, Calif.

LT Douglas W. Marx, USS NEW ORLEANS.

HA Vernon P. Flick, Naval Aerospace Medical Institute, Pensacola, Fla.

LCDR Dale W. Gunn, NRMC Bremerton, Wash.

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"Welcome aboard" to newly arrived:

HM3 Brian Sheldon, Operating Management.

LT Joseph Torkildson, Intern.

CAPT H. James T. Sears, Director of Clinical Services.

LT Julianna Novotny, Dental General Practice Resident.

LT Lois Bresaw, Intern.

LT Thomas Bresaw, Intern.

LT Karen A. Chapman, Intern.

LT Stuart Cobb, Dental General Practice Resident.

HR Scott Gregory Clowdus, Nursing Service.

LT Jack C. Davis, Intern.

LT Gary R. Hudak, Intern.

LT Thomas F. Lieb, Intern.

LT Joseph L. Moore, Intern.

LT Brian J. Pacious, Intern.

LT Arthur J. Ferrario, Dental General Practice Resident.

LT Eileen A. Greb, Nursing Service.

CAPT Miguel J. Saldana, Medical Corps, Orthopedics.

LT Kevin R. Tanner, Dental General Practice Resident.

CDR Dean A. Hendrickson, Dental Service.

LT Kevin Kennedy, Intern.

LT Freddye M. Lemons, Intern.

LT Kenneth G. Dobson, Intern.

LT Jonathan S. Olshaker, Intern.

LT Michael P. Ford, Intern.

LT William R. Burge, Intern.

LT Rick A. Kukulka, Intern.

LT John L. Olson, Intern.

LCDR Basil L. Pugh, Intern.

LT Michael J. Allshouse, Intern.

LT John G. Hudler, Intern.

LT David E. Davies, Intern.

LT Thomas J. Reilly, Intern.

LT Patrick A. Leoni, Intern.

LT Jo Ann Landacre, Intern.

CAPT Edward O'Malley, ACDUTRA, Psychiatry.

LCDR Pepita Cuerdo, Anesthesiology Resident.

CDR Mary Burchell, Surgery Staff.

LT Karen Landry, Nursing Service.

ENS Margaret Blom, Clinical Clerk.

ENS Colleen Coleman, Clinical Clerk.

ENS Dianna Chooljian, Clinical Clerk.

ENS Charles Kase, Clinical Clerk.

ENS Henry Wojtczak, Clinical Clerk.

ENS Dennis Kumata, Clinical Clerk.

ENS David Padgett, Clinical Clerk.

ENS Craig Niziak, Clinical Clerk.

ENS Stanley Henjum, II, Clinical Clerk.

ENS James Hemp, Clinical Clerk.

ENS Patrick Lappert, Clinical Clerk.

CDR William Mixon, ACDUTRA Ophthalmology.

LCDR Monroe Whitman, Surgery Resident.

LT Evelyn Hall, ACDUTRA, Nursing Service.

LT Eric Nisonger, ACDUTRA, Preventive Medicine.

ENS John Wall, Clinical Clerk.

ENS Richard Burton, Clinical Clerk.

LCDR Jerome Mooney, Radiology Resident.

HMC Job Decolongon, Laboratory.

LT Richard C. Edwards, Intern.

HN Cathlyn Waiters, Nursing Service.

LCDR Thomas A. Musliner, MC, CIC

LT Shayla A. Frisby, ENT Resident.

LT Harry Brammer, Radiology Resident.

HM3 Daniel Gapuz, X-ray School Student.

MS2 Craig Crump, BEQ Manager.

DT3 Judge J. Rice, Dental Service.

HR Robert Ulrick, Nursing Service.

HR Charles H. Howland, Emergency Room.

LCDR Ernest Hanes, Ophthalmology Resident.

HM2 John S. Dibelka, LAB.

HR Walter J. Bischoff, Nursing Service.

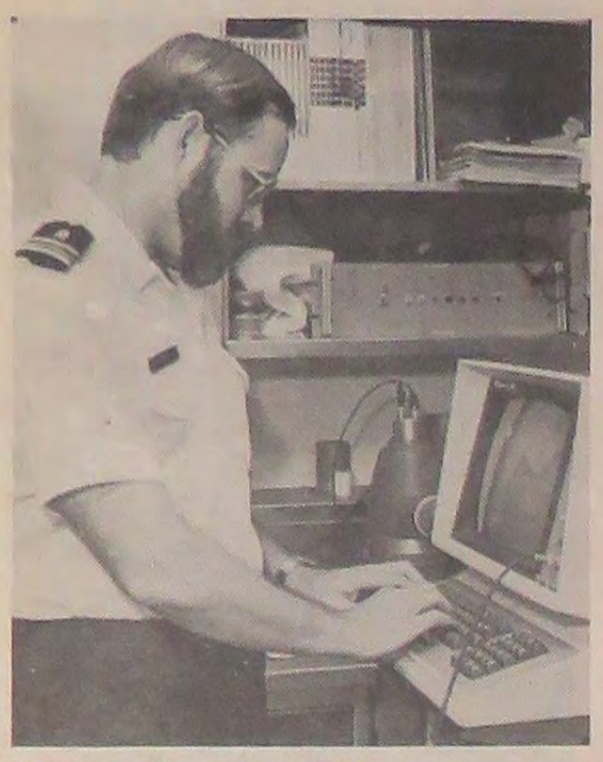
HM2 Warren Preston, Pharmacy

HM3 Rosalyn Preston, PMT School.

HR Tiana Wyrick, Nursing Service.

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LCDR Parr board-certified



MEMORY AID—LCDR Larry Parr uses a computer to store and retrieve the vast quantity of information needed in his job as Radiation Safety Officer.

Medical Service Corps Lieutenant Commander Larry Parr has recently been board-certified in radiological physics, with a specialty in nuclear medicine. Reportedly, he joins only two others in the Navy medical system who have earned this certification.

The qualifying test includes, among other things, knowledge of radiation exposure monitoring, federal radiation standards and laws, trouble-shooting, instrumentation, and computer data storage of nuclear information.

As the region's Radiation Safety Officer, some of CDR Parr's responsibilities include ensuring that X-ray machines and other medical equipment are functioning properly to prevent contamination of patients and staff members.

Drowning is forever

Summer always brings bright, fun-filled days of relaxation for all of us. Trips to the beach, lakes and rivers, and boating and fishing activities wherever there is enough water to swim or float a boat can highlight summer fun. But for many, there will be tragic consequences, and headlines will detail the statistics of drowning victims.

Since 1975, nearly 250 Navy men and women have lost their lives in drowning accidents while on authorized leave. About half of the victims drowned while purposefully engaged in swimming, diving and surfing activities; just as many others drowned as a result of falling unexpectedly into the water. This is a rather surprising figure, since most people associate drowning accidents with intentional swimming activities. Few of us realize the unintentional exposure to water can be just as deadly. Such exposure typically occurs as a result of boating accidents and falls from piers, sea walls and cliffside heights. Many in this late category involve consumption of alcoholic beverages.

Accident investigation reports reveal a common thread running through most drowning mishaps. This common element is the failure to recognize the hazard and act accordingly. The following two examples illustrate the point:

-A group of sailors who have spent the afternoon tubing on a river and drinking beer decided, despite warnings from a local police officer, to ride their inner tubes through the fast running water farther down-stream. The first two men made it, but the third did not. His inner tube flipped him into the water and he disappeared from sight.

-A young recruit joined his friends for an afternoon of fishing from some rocks which jutted into the ocean surf. After a short period of fishing, the young man was struck by a wave and washed off the rock into the surf. He drowned before his friends could reach him.

In each of these cases, the hazard was clearly recognizable. Exercising sound judgement could have easily prevented the tragedies that followed.

Investigations of drowning accidents reveal another important finding—many victims were poor swimmers, at best, while others were non-swimmers. Enrollment in local Red Cross swimming and water safety courses can teach and improve the basic skills necessary for survival in emergency situations. This action alone could eliminate many senseless tragedies. Do yourself and your family a favor—learn to swim! (NES)

PCP. . . a living nightmare!

Snorted, swallowed or injected, angel dust can kill.

By JO3 Joy Hill-Payne

Crystal, goon, busy bee, hog, elephant tranquilizer and superjoint are slang names for PCP—most commonly known as angel dust. By any name, phencyclidine is one of the most dangerous drugs to hit the streets since LSD became widely available more than a decade ago.

Developed in the 1950s as an anesthetic, PCP was banned for human use after tests showed erratic side effects and is now legal only as a tranquilizer for apes. It can be snorted as a powder, injected as a fluid or swallowed as a pill. But usually the drug is dusted or sprayed over parsley, mint leaves or marijuana and smoked.

Angel dust has been linked to hundreds of murders, suicides and accidental deaths—and its use is on the rise.

The drug is dangerous in that it is an hallucinogen with erratic and unpredictable effects. One trip may produce a feeling of euphoria or mild drunkenness, and another could be disastrous. There may be exhilaration and withdrawal from reality, or panic and suicidal feelings. Irrational or violent action is typical of chronic users, but even dabblers are not immune to sudden rages. There are several documented cases of people drowning after PCP use. Victims lose their sense of direction and space and cannot swim to safety.

In one case, a man in California walked into a house that he had picked at random, killed a baby and stabbed a pregnant woman in the stomach. Another man tore out both his eyes with his bare hands.

One of the biggest reasons for the rapid spread of PCP is that the drug is cheap and available. But whatever the reason, angel dust is... a living nightmare.



"I think it's a missing man formation, sir."

MED • SCAN

A quick look at recent health care developments

Antibiotics, the big guns in every physician's arsenal, are in danger of los their effectiveness. This is a threat that has evolved through overuse of the dr and the consequent development of resistant organisms, according to *Lancet* statement issued by 148 scientists from 26 nations warned that "unless steps taken to curtail the present situation we may find a time when such (antimicrob agents are no longer useful to combat disease... **due in large part to indiscriminate use** of antibiotics..." The scientists cited five abuses: (1) dispens them without prescriptions, (2) using them as growth promoters in animal feeds, using them for ailments for which they are ineffective, (4) misleading consumers advertising them as "wonder drugs," (5) different labeling and advertising for same product in different countries.

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New evidence supports the theory that alcoholism may in many cases be inherited disease. One study reviewed in the *British Medical Journal* found t men having an alcoholic parent, but adopted early in life, were nearly four tim more likely to be alcoholic themselves than the adopted sons of non-alcoho parents. And similar results were obtained in a large-scale adoption study c ducted in Sweden. Analyses of the Swedish study found substantial evidence t alcoholism has, at least in part, a genetic basis. It has also been found that there two distinct patterns of inherited alcohol abuse. The most common type affe both men and women and shows only a weak link to inheritance. This type alcoholism is most frequently affected by environmental factors. The second type alcoholism identified in the Swedish study is seen only in men and has a high deg of inheritance. This type is more severe and is often associated with crimi behavior. Whether a man is adopted or not has little effect on the course of this t of alcoholism.

• • •

The dream of physicians has always been to find the "magic bullet," the c that would seek out, attack and destroy specific bacteria, viruses or malignant c of a disease. Modern research seems to be closing in on that dream. **Substanc (antibodies) have been discovered which are attracted to the speci molecules (antigens) found only on cancer cells.** Each type of cancer has its o unique antigen. The problem has been that antibodies are in short supply. In 197 however, researchers announced that they had worked out techniques to comb the organisms that produce antibodies with malignant cells and then encourage th proliferation. Called hybridomas, they can be screened to find the spec hybridoma that produces the antibody that the researcher desires. The next ste to attach to the hybridoma an anti-cancer toxin. Research is now underway to eva ate this new approach to cancer chemotherapy. The potential of this technique led Armand Hammer, M. D., the oilman and industrialist, chairman of the three-m advisory panel to the National Cancer Program, to suggest that the fight agai cancer should focus primarily on hybridomas—a view held by many researchers be premature.

• • •

Alcohol and crime— a dangerous mixture

By JO3 Joy Hill-Payne

An alarming number of people are becoming involved in alcohol-related crimes each year. The ingestion of alcohol increasingly appears to be a direct cause of violent crimes. The term "pathological intoxication" describes the state of violent reaction discussed in this article. There are several factors to be considered when studying the effects of violence due to drinking. Among them are age, gender, race and social environment.

In a study conducted for the National Criminal Justice Information and Statistics Service (1979), it was found that women generally have lower alcohol consumption and problem drinking rates than men. Therefore, women are less likely to commit an aggressive crime while drinking. The report also said that whites tend to commit more violent crimes when drinking than blacks and other minorities. According to the report, a major problem is that more people are beginning to mix drinking with other drugs. This factor only compounds an already serious problem because most drinkers don't realize that during a violent rage they may not only endanger their lives but the lives of others as well.

Drinking that leads to violence does not just happen. There is usually a definite pattern.

How it happens

In modern society, drinking is not only accepted, but sometimes seems to be essential to success. The three martini lunch—with or without food—is believed by some business people to be a great way of helping clients to relax and relieve tension. Others feel that a drink at lunch time helps to kee them functioning the rest of the da Many of these people become com pulsive or excessive drinkers and, f various reasons, use heavy alcoh consumption as a crutch for busines and personal problems.

Once an individual becomes depe dent on alcohol, it is hard for him/her control emotions that are easy to ha dle for most people. It is under thes circumstances that criminal behavi occurs.

According to the Bureau of Justic Statistics, data from a survey of mo than 10,000 inmates in state correc tional institutions conducted by th U. S. Bureau of the Census for BJ show substantial percentages o individuals serving sentences fo crimes they committed while drinkin Another study of 310 imprison felons reported that 35 percent we drinking when they committed crime and 55 percent of these offenders ar heavy drinkers.

In general, research has shown tha a large number of crimes, both pett and violent, occurred during excessiv drinking periods. Most of the youn men interviewed for violent crime while under the influences of alcoho said they did not mean to hurt anyon and many could not remember wha really happened.

Many judges and law enforcemen officials are getting tougher with peo ple who drink, commit crimes and the use their drinking problem as a excuse.

If you or a shipmate have a drinkin problem, don't wait until it's too late Get help now! **(NES)**



MILY TEAM—New arrivals at NRMC Oakland are Lieutenant Eileen Greb, a e on 7 North, and her husband Leland W., a Red Cross volunteer case aide donates 10 hours a week to this hospital. LT Greb was formerly stationed RMC Corpus Christi, Tex., and has also donated time to the Red Cross, hing multi-media and CPR classes for the past 10 years. The couple met etime ago at a Navy hospital in the Philippines when Leland was an Avia- Electronics Technician patient and Eileen was his nurse.

ets may unravel with travel

Fido" Johnson or "Pussy" Katz be a beloved part of your family taking your family pet along on tion can create problems for both and the animals.

car-sick, unhappy animal can e a trip miserable for everyone. many pets are prone to jump out e car at gas stations. Some ill or ically impaired dogs and cats can- withstand the rigors of travel.

or these or other reasons, you may de your pet is better off at home someone to look after it, or at a well-run boarding kennel.

the event you want to (or have to) your pet along—on a trip, change duty station—here are some elines provided by the American rinary Medical Association to nize the chances of an unpleasant rience.

oral

e sure your pet wears a collar with plete identification and a license

ave a rabies vaccination certifi- if you will be crossing state or national borders.

e prepared to present a health cer- e, especially if you travel to da or Mexico.

efore undertaking a long trip, it d be advisable to have your pet ined by a veterinarian.

el By Car

your pet is not accustomed to the ake it for a few short rides before trip. Your cat might ride better in a carrying cage.

-Give the main meal at the end of the day or when you reach your destination. Dry food is more convenient on trips, if the pet is used to it.

-Take along water and a container from which the pet can drink.

-A pet should not be allowed to ride with its head outside a car window. Particles of dirt can penetrate the eyes, ears, and nose, causing injury or infections. Excessive amounts of cold air taken into lungs can also cause illness.

-A pet should never be left locked in a parked car. This can be lethal. Even in mild weather (50-60 degrees, Fahrenheit) the temperature in a closed car on a clear day can rise quickly to well over 100 degrees.

Travel By Air

-Federal regulations state that dogs and cats must be at least eight weeks old and weaned at least five days before flying. Current health and rabies vaccination certificates will be required.

-Contact the airline well in advance to check regulations and services, and to make reservations.

-Try to book a direct, mid-week flight or one with a minimum of stops.

-Be at the airport early, exercise your pet, place it in the cage yourself and pick up the animal promptly upon arrival.

-Don't take leashed animals on escalators; use stairs or an elevator.

Servicemembers must arrange for private or commercial transportation of pets at their own expense when duty requires a move or travel. Your installation's veterinarian will advise you of immunization requirements in effect at your new duty station. And at many installations, the veterinarian can provide immunizations at a nominal cost.

BIRTHS

e following new additions to the ry medical "family" have arrived val Regional Medical Center Oak-

baby boy to Lieutenant Arthur W. Operating Management and his Soo Kyong, June 30.

baby girl to Lieutenant Lawrence olm, Anesthesiology, and his wife a former staff member, July 9.

Veterans Ask

Q—Will my wife's income help me qualify for a GI home loan through the VA?

A—Yes. The VA has been giving full recognition to income of both veterans and spouses in determining ability to repay GI bill loans.

• • •

Staff member suffers injury

At this paper's deadline, Hospital Corpsman Third Class Robert Lewis Michalek of Patient Affairs is reported in stable condition but still in intensive care in Washington Hospital, Fremont.

Petty Officer Michalek is said to have been seriously injured in a motorcycle accident in that area on July 9.

NSC offers tips for smooth moves

In the San Francisco Bay Area, Naval Supply Center Oakland (NSCO) has responsibility for handling all personal property shipments for DoD military and civilian personnel.

Members shipping out of this area are asked to contact that office (466-5461 or 5462) as soon as possible upon receipt of permanent change of station orders. The Outbound Section is receiving an average of 97 applications daily. A minimum of 10 working days is required before established pickup date; therefore, members are encouraged to make the necessary shipping arrangements as far in advance as possible.

Servicemembers are urged to select their pack and pickup dates carefully. During the peak summer shipping season all carriers/agents' schedules are heavy with capacity bookings and date changes can cause delays and severe financial problems which impact on the servicemember and his/her family. In addition to walk-in applications, an appointment system is available for the convenience of customers from 8 a.m. to 2 p.m., Monday through Thursday.

New arrivals in the area should report to the Personal Property Office, NSCO, immediately upon arrival to provide any available contact telephone number or address. The normal time allowed for delivery of household goods and unaccompanied baggage shipments from storage-in-transit is at least five working days. As the summer progresses, the daily carrier schedules will increase and delivery dates will likewise be extended. Therefore, it is of the utmost importance to provide a delivery address as soon as residence is obtained. This will prevent unnecessary storage and provide direct delivery service. NSCO Inbound Customer Service telephone numbers are keyed to the first letter of a member's last name, as indicated: A to K... (415) 466-6223/4/5; L to Z... (415) 466-6463/4/5; Supervisor (415) 466-5880.

Collect calls (official business) are accepted for delivery coordination. Attempted deliveries can be very costly to members, so be sure that someone is available on the scheduled date to receive the property. Written authorization or Power of Attorney is required if someone other than consignee is going to release and/or receive shipment.



NEW CARRIER—Danny Bliss, 8, son of Medical Corps Commander and Mrs. Donald L. Bliss, has volunteered to be the new Oak Leaf carrier for officers' family quarters in the Barcelona area. Danny attends Assumption School where he will enter the fourth grade in the fall.

NRS aid possible in car breakdown

Today the majority of Navy personnel find it necessary to purchase motor vehicles because public transportation is not conveniently available at most bases. In recognition of this fact, several years ago the Navy Relief Society expanded its financial assistance policy to include the unexpected expense of motor vehicle repairs.

The Society does not finance vehicle purchases, registration fees, or insurance costs. Neither will it lend money to pay for regular upkeep, such as oil changes, other scheduled maintenance services, or body work. Keeping a motor vehicle in safe operating condition is a responsibility of vehicle ownership.

However, interest-free loans are available to help when your "wheels" give out between pay days, or when you are traveling and thus away from access to your savings account. Navy Relief expects you to provide a written estimate of necessary repairs. It further expects that the cost of repairs not be excessive, and that the member be able to repay the Society within a reasonable period of time.

To apply for motor vehicle repair assistance, contact the East San Francisco Bay Auxiliary located in Building 135, NAS Alameda, between the hours of 9 a.m. and 3:30 p.m. If your vehicle breaks down when you are traveling and you are not near a Navy Relief office, Society assistance may be obtained through any of the 3,000 American Red Cross Chapters nationwide.

As with all of its financial assistance, Navy Relief tries to provide help with the unexpected emergencies that appear in the lives of naval service personnel.

Time limited to ship, store

The entitlement to ship or store personal property for members separating from service has been changed to 180 days from date of release, instead of the former one-year period. Members retiring, however, have one year entitlement except in cases where the member is hospitalized or undergoing medical treatment. In those instances, the time limit for shipment of household goods is extended until one year after termination of active duty, plus a period equal to the period of hospitalization/treatment.

When a retiring member is in an educational or training program to qualify for civilian employment, the time limit for shipment of household goods is extended until one year after termination of studies. If more time is required, you should request a further extension before the time limit expires.

All questions concerning entitlement should be directed to the counselor in the Personal Property Office at Naval Supply Center, Oakland.



RESIDENT RUNNER—LCDR Michael Cassaday of NRMC Oakland's Medical Service staff trailed winner Domingo Tibaduiza by only a little more than three minutes in the 1982 San Francisco Marathon run July 11. Placing eighth in a marathon that drew over 7,800 entrants, the Navy physician's time was 2:18:04 in the 26-mile, 365 yard run from Golden Gate Park to the finish line at the Civic Center.

(Editor's Note: Photo above was taken in an earlier race by Kenneth Green, the late Oakland Tribune/Eastbay TODAY staff photographer recently killed after being struck by a freight train while on assignment.)

Chess tourney set for Mare Island

Central Pacific Regional Chess Championships will be held at the NSA Mare Island Library Aug. 7-8, starting at 9 a.m. both days. All active duty Navy, Marine Corps and Coast Guard members are eligible to participate in this tournament.

The tournament will be conducted under the Swiss System and U. S. Chess Federation rules will govern. Each contestant is requested to bring his/her own chess set and clock.

Awards will be provided by NMPC Recreational Service and the top finishers will be nominated for the Sea Services Chess Tournament to be held in Washington, D.C. at the end of August. For further information call Ron Brown at Ext. 2350.

Classifieds

Lost

Mizuno MT-2000 softball glove was lost on NRMC softball field on June 15. If found, call HM3 William Trapp at Ext. 2065.

U. S. Government Printing Office
1979-33235-689-150/8

Intramural Softball Standings

(Games played thru 7/12)

TEAMS	W	L	PCT.
Anesthesia/Peds/OB	10	1	.909
Gen. Med.	10	2	.833
MSC (One tie with Ortho)	9	2	.818
PMT School	9	3	.750
LAB	8	3	.727
Spec. Services	8	4	.667
ORTHO (One tie with MSC)	5	6	.455
Med. Repair/Pharmacy	5	7	.417
CPO	4	8	.333
Dental	2	10	.167
6th Floor	1	11	.083
NP	1	11	.083
Nursing Service	1	11	.083

MOVIES

Friday, July 23, 6:30 p.m.—THE INCREDIBLE SHRINKING WOMAN—Lily Tomlin, Charles Grodin—Comedy/R

Saturday, July 24, 1 p.m.—MARCO POLO—Animated Cartoon plus 5 short cartoons—Classic Tale/G

Saturday, July 24, 6:30 p.m.—ALL NIGHT LONG—Gene Hackman, Barbara Streisand—Comedy/R

Sunday, July 25, 6:30 p.m.—CASINO ROYALE—Peter Sellers, Ursula Andress—Comedy/PG

Monday, July 26, 6:30 p.m.—THE ARISTOCATS—Phil Harris, Eva Gabor—Adventure/G

Tuesday, July 27, 6:30 p.m.—PORKY'S—Dan Monahan, Mark Herrier—Comedy/R

Wednesday, July 28, 6:30 p.m.—VICE SQUAD—Season Hubley, Gary Swanson—Drama/R

Thursday, July 29, 6:30 p.m.—NEIGHBORS—John Belushi, Dan Aykroyd—Comedy/R

Friday, July 30, 6:30 p.m.—FRIDAY THE 13TH—Jeananne Taylor, Robbi Morgan—Horror/R

Saturday, July 31, 1 p.m.—ROBIN HOOD—Animated Cartoon plus 5 short cartoons—Classic Tale/G

Saturday, July 31, 6:30 p.m.—POPEYE—Robin Williams, Shelley Duvall—Action/PG

Sunday, Aug. 1, 6:30 p.m.—ESCAPE FROM ANGOLA—Stan Brock, Anne Collings—Action/PG

Monday, Aug. 2, 6:30 p.m.—MY BLOODY VALENTINE—Paul Kelman, Hallier—Horror/R

Tuesday, Aug. 3, 6:30 p.m.—ZOOT SUIT—Edward James Olmos, Charles Aidman—Drama/R

Wednesday, Aug. 4, 6:30 p.m.—THE PSI FACTOR—Peter Mark Richman, Gretchen Corbett—Sci-Fi/PG

Thursday, Aug. 5, 6:30 p.m.—ROLLOVER—Jane Fonda, Kris Kristofferson—Drama/R

Concert band members needed

If you are a musician and wish to use your talents in a fun and meaningful way—here is your chance. CDR Reed Adams, USCG, Ret., coordinator of a concert band, is looking for volunteers who can play musical instruments.

You must be able to practice on Wednesday nights in Oakland. Rides to the practice may be available, depending on where you live.

The monthly concerts are for non-profit organizations such as retirement homes. For further information call CDR Adams at 538-8787 or 462-9089.

Discount tickets available here

Tickets are on sale at Special Services for the A's vs. Boston games on Aug. 20, 21, 22. Regular adult tickets are $8.25 each; military, retired and children, $4.25.

* * *

The Carriage Trade Diner Club Card can still be purchased for only $13.95. This card entitles you to more than 55 free dinners. Order forms are available at Special Services ticket office. The offer is valid until Dec. 31, 1982.

* * *

San Francisco Bay Area Discount Coupon book sells for $3.50. It includes coupons for Burger King, Dandy Dog, Denny's, Shakey's Pizza, Taco Bell, Golf Land Mini Golf, Winchester Mystery House and many others. Coupons are good till March 1983.



SUMMER SPECIAL—Military and civilian Department of Defense person and their families may view a special musical presentation by Up With Peo at Sea World this summer while enjoying a discount on admission to the p During Military Summer Special, discount coupons will entitle military pers nel to a 30 percent discount on park entrance. Coupons are valid Aug. 1 thro Sept. 6 and are available only at base recreation services offices.

MSC anniversary to be observed here

The 35th Anniversary of the N Medical Service Corps will be celeb ted with a dinner dance at Na Regional Medical Center on Aug. 1 the Officers' Club.

Theme for the party this year is Star Is Born," to focus on the nouncement of Commodore-Selec Lou Angelo as the first one-star M officer.

No-host cocktails start at 7 p with a buffet at 8 p.m. and mus entertainment and dancing to follo

Price is $17.50 per person. Reser tions may be made with LT Susan C ligan of Psychiatry Service.

NAS Lemoore first in women's tourney

Naval Regional Medical Center C land hosted the 1982 Women's S Pitch Softball Tournament, July 9-

The "Patriots" of NRMC Oakl finished fourth out of eight teams w the "Ten" from NAS Lemoore winn the tournament. Runner-up team w Mare Island, with Alameda finish third.

Entry forms her for 'Presidio 10'

A limited number of entry forms available beneath the bulletin boar front of the *Oak Leaf* office for "Presidio 10" race on Aug. 29. Fee those registering before Aug. 20 is $7.50 thereafter.

Sponsored by The Guardsmen, 1982 Road Runners and U. S. Milit 10-Mile Championships cover a beau ful certified course, starting at the C tennial Tree in the main parking lot the San Francisco Presidio and end at the parade grounds.

Fast pitcher needed

Can anyone "fast pitch softball" so, let Special Services know.

NRMC Oakland will be hosting t 1982 "Fast Pitch Softball" Tourn ment Aug. 19-22. If Special Servic can find someone to pitch, then a te from NRMC will be entered.

Call Ext. 2350 if you are qualifie

THE

OAK LEAF

ol. 44, No. 15 | Naval Regional Medical Center, Oakland, California | Friday, August 6, 1982



ar Admiral Robert C. Elliott (left) returns the salute of retiring RADM Walter Lonergan as command of the Naval Regional Medical Center, Oakland, is ssed to RADM Elliott.



r Admiral Walter M. Lonergan is "piped" over in traditional Navy style as he res following 38 years' active duty. The Medical Corps officer commanded Naval Regional Medical Center, Oakland, for five years.

(More photos, Page 3)

oD, VA to share health resources nd facilities under new public law

The Department of Defense and the terans Administration will share dical resources under a new law (PL -174), signed by President Reagan y 4, 1982. The law is designed to mit such sharing without com- mising the mission of either agency. Under the terms of the new legisla- n, a VA patient who requires special uipment or medical resources not ailable at the VA hospital, could tain them from a nearby DoD facility, vice versa. The same would hold true active duty and retired military per- nnel.

Dependents of active duty and retired personnel are not eligible for benefits provided under this law.

PL 97-174 expands the relationship between DoD and VA facilities established by an earlier law—PL 97-72, which identified the VA hospital system as the principal back-up for DoD medical facilities in the event of a national emergency. The earlier law also authorizes minimum VA hospital bed levels as a safeguard against the denial of care to veterans should an emergency occur. **(AFPS)**

New CO's message to staff and patients

Since 1942, Naval Regional Medical Center Oakland has deservedly earned the reputation of being an outstanding medical facility—noted for its highly successful programs in medical education and the superb quality of health care delivered at the core hospital and all of the regional medical treatment facilities.

Great strides have been made over the last five years, many of which have been the direct result of the leadership and planning of Rear Admiral Walter M. Lonergan, MC, USN. I join the entire staff in congratulating and thanking him for the masterful manner in which he served. His dedication to the Navy and his contribution to the Naval Regional Medical Center, its staff and its patients, will continue to have a positive impact on all of us for many years to come. I wish him good health, unending happiness, and continued success in his retirement.

To the staff and patients of Naval Regional Medical Center Oakland, I pledge my full support and total dedication to the mission of the Navy Medical Department. It is my intention that NRMC Oakland will continue to provide the best possible medical care in a responsive and dedicated manner, and that our medical education programs will continue to be the best that the Navy has.

Over the coming weeks I will be meeting with ALL of the staff to personally reinforce these concepts and to elicit your professional opinion and support as we prepare for the challenges that lie ahead.

R.C. ELLIOTT
RADM, MC, USN
Commanding Officer

First change in five years

Oakland Medical Center under new command

Command of a Navy medical region offering health care to 200,000 eligible beneficiaries changed hands here last Friday when Rear Admiral Robert C. Elliott relieved retiring Rear Admiral Walter M. Lonergan in formal ceremonies at the entrance to the main hospital building.

As Navy men and women attached to the command stood at attention and civic leaders in the audience listened, guest speaker Rear Admiral Eustine P. Rucci, Commanding Officer, Naval Regional Medical Center, San Diego, presented the Navy Legion of Merit to RADM Lonergan in behalf of the President of the United States for outstanding service as the region's commanding officer over the last five years. An accompanying citation lauded the retiring admiral for his role in "establishing state of the art graduate medical education. . . and (creating) a model for teaching facilities for all federal medical facilities to follow."

RADM Lonergan completed 38 years of naval service at the same hospital where he was first assigned in 1944 as an enlisted pharmacist's mate. A Navy doctor since 1952, he is a specialist in obstetrics and gynecology.

His successor, RADM Elliott, 51, comes to the west coast from a Washington, D.C. assignment as Inspector General for the Navy's medical department. Also a Navy physician, he has 25 years of military service and is a specialist in pulmonary diseases.

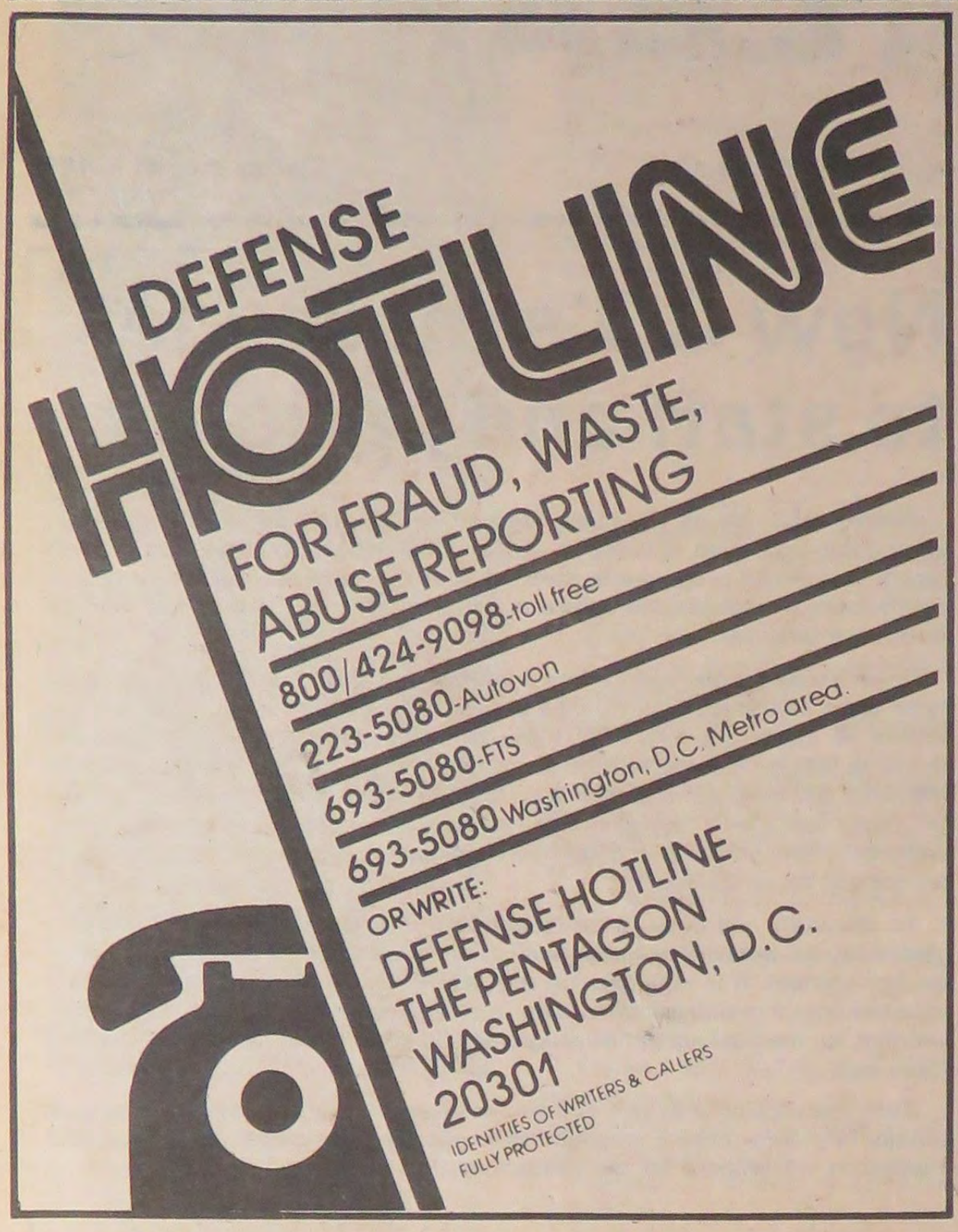
In addition to medical center staff, participants in the change of command ceremonies were members of the Navy Band, San Francisco, and a color guard from the 12th Marine Corps District, Treasure Island.

Two receptions followed the military function, with numerous civic and military dignitaries in attendance.



Rear Admiral Robert C. Elliott addresses several hundred guests who witnessed the change of command.

Editorial---



Use hotline to stop waste —not to report grievance

The DoD Hotline is a means for reporting crimes against the Department Defense and the military services involving fraud, waste and the abuse of author for personal gain.

The Hotline is NOT to be used for reporting:
- people who are mean
- people who are overweight
- a supervisor who gave you an unfair evaluation
- poor plumbing in the barracks
- rubbery eggs in the messhall

Those who have legitimate complaints about sexual harassment, discrimination other wrongful practices not related to fraud or waste should report them throu appropriate command channels.

Using the right channel for reporting grievances is more likely to result faster corrective action or investigation of the complaint.

If you do become aware of a crime involving fraud or waste of DoD property resources, report it promptly to the DoD Hotline, even if it hasn't happened yet. T faster such abuses are reported, the faster the proper authorities can act. If you ha reason to believe a crime of this sort is about to take place, your DoD Hotline rep may help to prevent it or to nab the perpetrators in the act.

DoD Hotline numbers are:

800-424-9098 (TOLL FREE)
693-5080 (Washington Area)
223-5080 (Autovon)

(AFP

Our patients write. . .

I wish to express my gratitude for the excellent care I received while a patient June 25 through June 29.

My surgeon, Dr. John Haller, won my confidence during the first examination and had my admiration for his kindness and gentle touch. All members of the Blue Surgical Team were professional and very caring, and all personnel on Sixth Floor North were super people.

John T. Wright

* * *

From the period of May 3, 1982 thru May 17, 1982 I was a patient of ward Seven North. . . During that time the treatment I received from the nursing staff and corpsmen of that ward was superb. The pride and professionalism displayed was far beyond that of the Navy's expectation. At no time did I even have to wait for scheduled medication, or help in any way. As a patient and second class petty officer, I feel that a great deal of credit and praise should be given to the following people so they can be recognized for a job extremely well done.

LT Newsom, LT Owens, LT Myers, LTJG Muessig, LTJG Cagle, LTJG Wotowic, ENS Smith, ENS Hunter, HM3 Kooser, HM3 Neal, HN Rockefeller, HN Walker, HN Roszko, HN Cook, HA Cosgrove, HA Comins, and HA Tingen.

Gary D. Buda
IS2 USN

* * *

My wife and I have recently had surgery through the ENT Clinic.

We have been most impressed with all of the doctors who have treated us and specifically wish to commend Drs. Taylor,Hicks, Ellison, Mendez and Graselle. They have been most courteous and have given us both excellent initial treatment as well as follow up consultations.

We found all the ward personnel to be most helpful and willing to do anything to make us comfortable and to make us feel that they really cared for us. We especially would like to mention LT Newsom in Ward 7N.

We appreciate all that has been done for us and thank you for having instilled in the above personnel a desire to make your hospital the best we have ever been in contact with.

Thank you.

Millard F. Hauser
LT COL USAF (RET)

* * *

We had such beautiful help all during my dear husband's long illness—doctors, nurses and just everyone. Dr. Crucitt was there every time we needed him.

What beautiful, caring people all thru the organization. Joe spoke so often of so many special people.

Again I say thank you and God Bless the Navy and its people.

K.M. Fox

* * *

I wish to express my sincere appreciation for the care I recently received from the Cardiac Care Unit and the medical personnel of Ward Nine South.

My heartfelt thanks goes to all those who showed me such care and consideration.

LCDR Idus L. Robertson, USN (RET)

A message to all the staff

I'm writing what I hope will become an open letter to the staff through the "O Leaf."

First, I would like to thank those who contributed to the healthy turnout at m retirement ceremony. It was a joy to see so many in the audience.

My shipmates at Oak Knoll will occupy a special spot in my heart forever. In area populated by the "me first" generation they remained open, caring, a involved with helping others. In a hectic, highly-charged environment, they kept smiling. In a time when many people are turning inward, in selfish search, they co tinue to reach outward in selfless service.

For a period of three years they extended many courtesies, much assistance a unending friendship. In a time when gold, precious jewels and even soybeans a being traded for high prices, their human qualities are priceless.

To you and the Oak Knoll staff go my continued prayers for health and happines

John E. Kra
LCDR, MSC, USN, RE

(Editor's Note: Lieutenant Commander Kraft, our former Patient Affairs Offic recently retired and is now living in Las Vegas, Nev.)

August marks Human Goals Anniversary

"People are our most important asset," Secretary of Defense Melvin R. Laird d clared when he endorsed the first Human Goals Charter on Aug. 18, 1969.

He stressed the need to attract able people to a career in the Department Defense and added, "We must give new emphasis to the importance of t individual."

The first Charter was signed by the Secretary of Defense, the Deputy Secreta of Defense, the secretaries of the Military Departments and the members of the Joi Chiefs of Staff.

Each Secretary of Defense since Melvin Laird, along with successors of the oth signers, has reaffirmed DoD's commitment to human goals by signing and reiss the Charter. The current edition was signed by Secretary Caspar W. Weinberger May 18, 1981.

NAVAL REGIONAL MEDICAL CENTER
OAKLAND, CALIFORNIA

RADM R. C. Elliott, MC, USN
Commanding Officer

CAPT H. James T. Sears, MC, USN, Director of Clinical Services

CDR C. R. Loar, MSC, USN
Administrative Services

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Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.

SJA departs soon for Japan billet

Lieutenant Commander Mark R. Dawson, Staff Judge Advocate, will be leaving this command on Aug. 30 for a new billet on the staff of the Naval Legal Service Office at Yokosuka, Japan.

LCDR Dawson, who has nine years active duty, recently received the Navy Achievement Medal for outstanding performance here. He also holds the Rifle Sharpshooter Ribbon, the Expert Pistol Medal, and the National Defense Service Medal. Previous billets have included duty as a trial attorney at San Diego, Assistant Staff Judge Advocate for the Commander, Antisubmarine Warfare Wing, Pacific, and the Military Justice Division of the Office of the Judge Advocate General in Washington, D.C. He has been at Oak Knoll two years.

The legal officer earned a bachelor of arts at the University of California Berkeley, a juris doctor degree from Hastings College of Law, and a master of laws from George Washington University.

He recently married the former Suzanne Hinckley, who will accompany him on his new assignment.



LCDR Mark Dawson

LCDR Dawson's replacement on the Oak Knoll staff will be LCDR William H. Archambault.

Rotation pattern modified for enlisted women

As of July 15, the rotation pattern for some enlisted women was modified and the assignment policy for women in the nuclear power field was defined.

Because current law precludes women from being assigned to combatant ships, the rotation pattern for enlisted women will continue to be CONUS/OUTUS vice the sea/shore rotation followed by men. However, under the revision, women's rotation will now fall into one of three categories: alternating CONUS/OUTUS tours; back-to-back OUTUS tours followed by one CONUS tour; and back-to-back CONUS tours followed by one OUTUS tour. This last category is a new rotation pattern, established to ease detailing of women in ratings with a limited number of OUTUS billets.

The length of the CONUS tours for women will be the same as for men in the same rate/rating, and the length of OUTUS tours will be the prescribed area tour for overseas duty and 36 months for shipboard duty. For women in the OUTUS/OUTUS/CONUS pattern, a one year extension at the current OUTUS location may satisfy the second OUTUS requirement.

For women in the nuclear power field, their assignment policy now includes detailed information on their rotation pattern. Generally, they will rotate between duty at nuclear radiological control facilities and Navy nuclear power training units.

Also effective July 15, women who become pregnant at overseas locations where adequate housing and medical facilities are not available will be deferred from completing their overseas tours during the pregnancy and for six months following delivery. During the deferral they will be transferred to the nearest CONUS location with valid billets available. Afterwards, they normally will be reassigned to the OUTUS activity to complete rotation requirements. They may however, volunteer to return to normal rotation sooner than the six months. Pregnant women assigned to overseas activities where housing and medical facilities are adequate will complete their tours at these duty stations.

These modifications to enlisted women's assignment policy will be published in the next change to the enlisted transfer manual.



Rear Admiral Eustine P. Rucci, Commanding Officer, Naval Regional Medical Center, San Diego, was guest speaker during Naval Regional Medical Center Oakland's change of command ceremony on July 30. Acting in behalf of the Navy Surgeon General, RADM Rucci also presented retiring RADM Walter M. Lonergan with the Legion of Merit for his five years' service as Oakland's commanding officer.

Word Processing establishes Dictator of Month' award

By Betty Raab

The first "Dictator of the Month" ward will be presented by the Word ocessing Branch in September. Any ember of the staff who dictates is gible to receive this award—all you ve to do is satisfy the 22-member ord Processing staff that you are the st dictator in the center.

Dictation is a way of life to most of r staff—and it's clearly a manageent tool where practice makes perct. So don't be of faint heart—if you lm and Ah" your way through dictan today, by meeting the criteria low, you can be an expert in a few ort months.

Dictators will be judged on the lowing:

—Following dictating formats where plicable.

—Relaxed normal conversational e—not too fast, especially on terial that is familiar.

- Avoidance of mumbling, smoking, wing, eating while dictating.

—Clarity in speech.

—Appropriate inflections and ises.

—Complete sentences.

—Punctuation and paragraphs.

—No abbreviations.

—Numbers—enunciate clearly—do not run them together.

—Spelling of unusual names, new drugs, homonyms, foreign words.

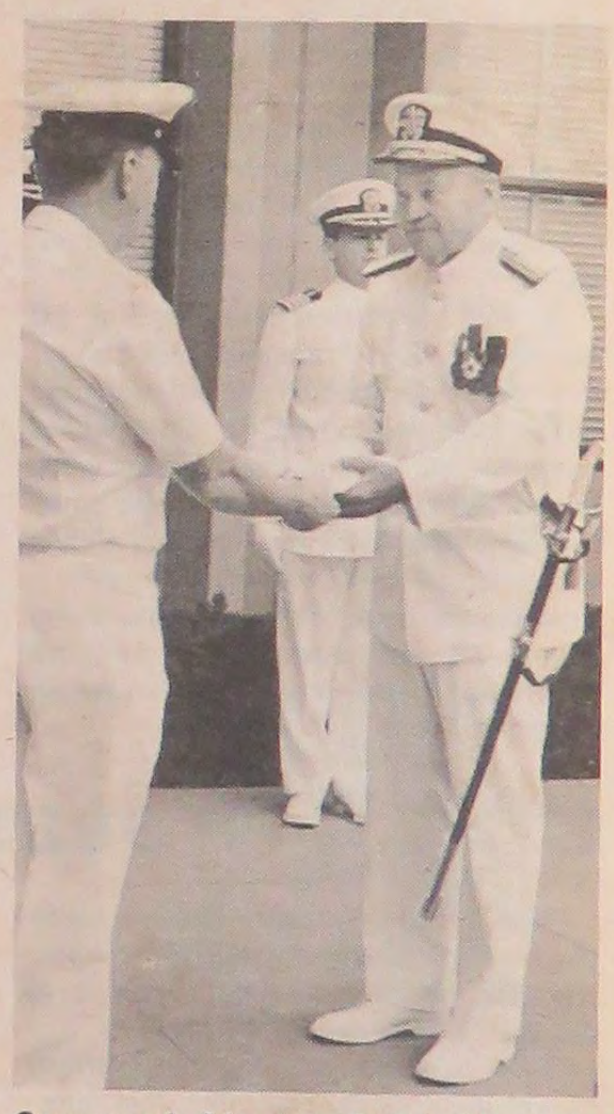
—Brevity—concise, well-organized dictation.

—Proper use of equipment—avoid cutting off beginning or ending of words, no extended pauses.

—Clear instructions—your name, telephone or beeper number, correspondence symbols, file numbers, delivery point.

—Elimination of background noise, loud talking, laughing, radio playing.

Attention to detail will ensure that you get dictation back the way you *think* you dictated it. When you dictate "This is a 30 year old caucasian male with a 4-6 month history of left inguinal bulge which increases on Valsalva maneuver," it will not sound to the transcriber as "This 13 year old asian male with a 46 month history of left inguinal bulge which creases on valley maneuvers."



Command Master Chief Charles Dackerman presents Rear Admiral Lonergan's flag to him as the former commanding officer's ensign is hauled down and Rear Admiral Robert C. Elliott's hoisted at the entrance to the hospital.

regnancy separation policy modified

Effective immediately, the Navy will longer automatically approve aration requests from women who pregnant. In view of increasing nber of women in the Navy and the current increase in their service s and responsibilities, this policy help to ensure that the Navy retains men in whom it has a substantial estment or who possess skills uired by the Navy. Separation uests will still normally be approved, ept for women who:

—Receive fully funded education or cation for which they incur obligl service, e.g., Naval Academy, OTC, medical scholarships and cation, post-graduate education, ice college, Enlisted Commission-Program (ECP), or Enlisted Educa- Advancement Program (EEAP).

-Receive extensive training for ch they incur obligated service, e.g., t training, medical residency or -year and six year obligors.

-Receive special compensation, aviation bonus, SRB or Enlistment us (EB).

-Are in a rating, skill area, NEC or gnator which justifies retention.

—Execute orders, reenlist or enter a program requiring obligated service while pregnant.

A separation request by a woman in one of the above categories may be approved; however, if she demonstrates overriding and compelling factors of personal need which warrant her separation.

Women officers will continue to submit resignation requests according to present procedures. Requests for separation from enlisted women may still be approved by their commanding officer, unless they are in one of the categories cited above. Those cases and ones in which their commanding officer recommends disapproval will be forwarded to Commander, Naval Military Personnel Command for final determination.

Women are still required to submit their request for separation at least four months in advance of when they desire to get out of the Navy. This is necessary to provide the commanc with a reasonable period of time to begin arranging for a relief. A separation date about one month prior to the expected delivery date is encouraged, but the separation request may ask for any date up to the approved separation date. Should delivery occur prior to the approved separation date, the woman may still be separated for pregnancy/ childbirth.

RADM Dunn to head reserves

RADM Robert F. Dunn will become Chief of Naval Reserve this fall, relieving RADM Frederick Palmer.

RADM Dunn currently is Commander, Naval Military Personnel Command.

Commodore L. W. Angelo relieves Captain Nelson

Captain Paul D. Nelson, former Chief of the Navy's Medical Service Corps, retired in Washington, D. C. on July 30.

His successor, Commodore-selectee Lewis E. Angelo, was frocked and appointed during the same ceremony held in the Admiral Leutze Park of the Washington Navy Yard.

Love addresses NMA assembly

Lieutenant Commander Douglas Love, Jr., head dietician and Assistant Chief of Food Service here, was a speaker at the 87th Annual Convention and Scientific Assembly of the National Medical Association held July 25-29 at the San Francisco Hilton.

The Navy Medical Service Corps officer spoke July 26, addressing the assemblage on "Use of Enteral Nutritional Formulas in General Medicine."



MANY YEARS BEHIND THE WHEEL—David A. Williams has been driving an assortment of vehicles for the Navy during the past 20 years. For the previous 20 he served in the Navy as an aircraft mechanic.

Supervisor says Williams will be difficult to replace

David A. Williams, who plans to retire next January after 40 years' service to the federal government, laughed and said, "I never could hold down a steady job for very long!"

Mr. Williams transferred to the NRMC Oakland Transportation Office from the Treasure Island Branch Clinic a little more than four years ago. He is employed here as a Heavy Duty Driver, WG-7.

In 1963 Williams was hired at 50 Fell Street, San Francisco, the site of the now defunct naval dispensary, which was moved to Treasure Island when the clinics and dispensaries were consolidated by region under the command of the Oakland hospital. While employed at the old Navy dispensary in downtown San Francisco, Williams drove an ambulance and became involved in numerous humanitarian emergencies.

Before his civil service, Williams spent 20 years in the U. S. Navy as an aircraft mechanic, with most of his duty in the South Pacific. He advanced through the rates to become a Chief Petty Officer after five years of service, and retired in 1961 as an E7.

The veteran employee hopes to do a lot of traveling with his wife and fishing with friends upon retirement. A neighbor, however, is coaxing him to join in a small cement contracting business.

Williams says he has enjoyed working for the government, "even for the time I was sent to Texas. It's all in your attitude as to how you feel about a job."

Adds his boss, John McCole, **"The Navy will have to hire 10 men to do the work Williams does when he retires."**

SBP open season ends soon

The clock is steadily ticking away the time remaining for retirees to apply for new or increased participation in the Survivor Benefit Plan (SBP).

The 12-month open enrollment period enacted by Congress last summer began on Oct. 1, 1981 and ends at midnight on Sept. 30.

Any military member who retired before Aug. 13, 1981 may, during the open enrollment period, make an initial election, increase an existing one, or add spouse protection to a "children only" election. This applies to those retirees who did not make any election under SBP, as well as to those who elected less than maximum coverage or elected "children only" coverage but not spouse coverage.

If you have mislaid the election form mailed to you earlier, another one may be obtained by contacting the local retired activities branch of your service.

New reserve enlistments available

New enlistment options for persons interested in entering the selected reserve have been announced by the Chief of Naval Reserve, RADM Frederick Palmer.

Under the new guidelines, which became effective June 28, Navy veterans who have completed their service obligations and have been out of uniform less than four years may join the selected reserve for two, three, four, five or six years. The same options are available to veterans who have been out of uniform more than four years, but working in a civilian job related to their rating. Veterans out of uniform more than four years with jobs unrelated to their rating, and personnel in senior grades, do not have the choice of a two-year enlistment but are eligible for all other enlistment options. Veterans of other services are normally enlisted under the same terms as Navy veterans.

Naval Reserve activities can provide additional details to interested personnel.

State Attorney General rules military exempt from jury duty

In Opinion No. 81-1114 on July 2, 1982, the Attorney General of the State of California ruled that servicemembers who receive jury duty notice in this state are exempt from serving.

Pertinent language is excerpted:

"The question presented for resolution is whether personnel on active duty with the Armed Forces of the United States are exempt from jury duty in the state courts of California. . . the issue to be addressed is that of exemption solely by virtue of military status. . . (a former statute) provided a general exemption from jury service for numerous occupations and professions including a naval or military officer of the United States, or of this state, or a member of the Armed Forces of the United States, while on active duty. . . These exemptions were based on a recognized state interest in shielding certain professional occupations from the interference that would result from jury service. . . Section 200 now provides: 'The court shall excuse a person from jury service upon finding that the jury service would entail undue hardship on the person or the public served by the person.' This section constitutes neither a general exemption nor a disqualification from jury service, but simply prescribes the standard upon which a court shall excuse a certain potential juror. . . thus, the military status of an individual per se, renders him neither incompetent under Sections 198 and 199, nor excusable under Section 200. . .

"While the Congress of the United States has provided an exemption for members in active service in the Armed Forces from jury duty in the federal courts, it has made no such provision with respect to state courts. Since such service is precluded, neither by state nor federal statute, we turn to the principles of constitutional federalism. Article VI, Clause 2, of the United States Constitution provides: 'This Constitution, and the laws of the United States which shall be made in pursuance thereof. . . shall be the supreme law of the land; and the judges in every state shall be bound thereby, anything in the Constitution or laws of any state to the contrary notwithstanding.' The power to provide for and to regulate the national Armed Forces. . . is exclusively federal. . . It is axiomatic that a state statute may not impair the performance by the United States of its proper functions. . . the California Supreme Court has also observed the principle, both 'familiar and unimpeachable,' that. . . 'a state cannot be permitted to assert jurisdiction over one acting under the authority of the United States for acts by him done in furtherance of the duty he owes to the federal government.'

"In its discussion of the exemption of military personnel from federal jury service a (federal) court alluded to the fundamental conflict between military duty and competing concerns: 'The relevant language. . . merely tracks the language of its predecessor section, 28 U. S. C. Section 1862 (1966). . . the underlying rationale of the section was that members of such classes as military personnel were better left undisturbed at their usual occupations. Justice Holmes stated the appropriate standard. . . certain occupations may be categorically excluded from jury duty on the 'bona fide ground that it (is) for the good of the community that their regular work should not be interrupted.' . . . because it is the 'primary business of Armies and Navies to fight or be ready to fight wars should the occasion arise,. . . the exclusion of military personnel from jury duty is reasonable and for the good of the community. . .' Such military duty a availability are, of course, simila inconsistent with state statutory ju duty. In view of the foregoing, a s vicemember on active duty with t Armed Forces and subject to t exclusive jurisdiction of the fede government is 'exempt' from jury du in the state courts of California. used in common parlance and in t inquiry presented, the term 'exem connotes that an individual, or a gro or class of individuals, is not subject specified statutory duty. . . as in t case of designated peace officers a judges, and members of the acti militia, persons on active duty with t federal Armed Forces should not b included on the qualified jury list in t absence of a general waiver by law federal authority." (All citations ar footnotes are omitted.)

The above opinion may be used a basis for requesting excusal if called jury duty in California state courts.

Job openings here and at branch clinic

Applications will be accepte through Jan. 19, 1983 by Civilian Pe sonnel Service at Oak Knoll for Medic Clerk (Typing) or Medical Clerk, wit future vacancies anticipated here an at the Alameda, Concord, Vallejo, an Moffett Field branch clinics.

The GS-4 positions involve a co siderable amount of patient contact scheduling appointments and instru tion on preparation for examination involving studies and tests. One year o general and one year of specialize experience are required.

Applicants should specify th geographic area of their interest.

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Qualified personnel are invited t apply for the position of Therapeuti Radiologic Technologist, GS-7, locate in Radiology Service of Naval Regiona Medical Center Oakland. Closing dat for this announcement is Monday, Aug 9.

This job requires one year of genera experience and at least four years i operating therapeutic radiology equip ment under the direction o radiotherapists or other medica officers.

For more information, see or ca (Ext. 2116) Maurine Tinsley.

Applications will be accepted through close of business today for Secretary (Typing), GS-5 at the Naval Supply Center Oakland Branch Clinic, and through Monday, Aug. 9, for Medical Technologist, GS-9 at Oak Knoll and Lead Medical Clerk (Typing) GS-5 at Mare Island Naval Shipyard Branch Clinic.

Ms. Tinsley is also point of contact for these positions.

Families sized up

Among married enlisteds, the Air Force and Army have the largest families, according to a report titled "A Description of Officers and Enlisted Personnel in the U. S. Armed Forces" published by the Rand Corporation.

About 59 percent of Air Force and 55 percent of Army members reported one or more dependents besides their spouses, compared with 45 percent for the Navy and about 40 percent for the Marine Corps.

About 65 percent of married officers reported one or more dependents besides their spouses.

Comings and Goings

"**Fair winds and following seas**" to the following personnel who have recently departed this command:

Rear Admiral Walter M. Lonergan, retired.

Commander Frank Fisher to San Diego.

Captain Warren Hodge to NARMC Pensacola, Fla.

Commander James Schneider to San Diego.

Commander Alfred Mateczun to NRMC Bremerton, Wash.

Lieutenant Commander Dale Gunn to NRMC Bremerton.

Lieutenant Graceann Shartner to Guam.

Commander David Figgins to NRMC San Diego.

Lieutenant Jeffrey Kezlarian to NNMC Bethesda, Md.

Commander Prudencio Mendez to NRMC Charleston, S. C.

Lieutenant Commander Thomas Allred to NARMC Pensacola.

Lieutenant Commander Christopher Harris to NRMC Long Beach, Calif.

Lieutenant Betsy McKinnon, released from active duty.

Commander Ivan Choi from Alameda Branch Clinic to USS CONSTELLATION.

Commander Moussa Menasha to Camp Lejeune, N. C.

Lieutenant Commander Marcia Wright to NRMC San Diego.

Hospital Apprentice Michael A. Riley to 1st Mar. Div. FMFPAC, Camp Pendleton, Calif.

Hospitalman Renato Flores to AHS, Ft. Sam Houston, Tex.

Hospital Apprentice Veronica P. Mejia to NAS Kingsville Branch Clinic, Tex.

Hospitalman Chris Kateley to FMFPAC, Okinawa, Japan.

Chief Mess Management Specialist Rolan Fontillas to Quarters Management Improvement Project, Washington, D. C.

Hospital Apprentice Bryan Brock to 1st Mar. Div., FMFPAC.

Lieutenant Louis S. Sarbeck to NRMC Long Beach.

Hospital Corpsman Third Class Sonja L. Stevenson to NNMC Bethesda, Md.

Hospital Corpsman Third Class Robert B. Sinclair to NRMC Orlando, Fla.

Hospital Corpsman Third Class Cynthia Moss to NRMC Yokosuka, Japan.

Hospital Corpsman Third Class Lilith Raemon, released from active duty.

Lieutenant Victor V. Sharpe to NRMC Naples, Italy.

Hospital Corpsman Second Class Jerry L. Cummings, Aerospace Medical Institute, Pensaçola, Fla.

Hospital Corpsman Third Class Tony Carroll, released from active duty.

Lieutenant Commander Mary L. Ohrmann, released from active duty.

Lieutenant Doug M. Kelling to NAS Fallon, Nev.

Hospital Corpsman Third Class Robert L. Preston, released from active duty.

Hospital Corpsman Third Class Joel Welter, Aerospace Medical Institute, Pensacola.

Gunner's Mate First Class Reginald Day to Long Beach, Calif.

Hospital Corpsman Third Class Kenneth W. Ward, released from active duty.

Ensign Terry J. Buccambuso to Reno, Nev.

Ensign John Wall to Washington, D. C.

Lieutenant Commander John M. Mateczun to 3rd Mar. Div., Okinawa.

Ensign Brian April to USUHS, Bethesda, Md.

Lieutenant Commander Benjamin A. Carey to NRMC Guam.

Lieutenant Commander Essie Rucker Holy Names College.

Lieutenant Commander Kathleen Bonnet-Langston to Holy Names College.

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"**Welcome aboard**" to newly arrived:

Rear Admiral Robert C. Elliott, Commanding Officer.

Lieutenant Commander Elizabeth Donegan, MC, Pathology.

Lieutenant Commander Michael Little, MC, Psychiatry.

Lieutenant Owen Aurelio, MSC, ACDUTRA.

Ensign Stanley Henjum, Clinical Clerk.

Ensign Gail Sorokowski, Clinical Clerk.

Commander Gary Shimer, MC, Pathology.

Lieutenant Commander Walter Cygan, MSC, Optometry.

Lieutenant Kevin Shannon, MC, pediatrician, Treasure Island Branch Clinic.

Lieutenant Commander Kathleen Healy, MC, ENT resident.

Lieutenant Shayla Frisby, MC, ENT resident.

Ensign Michael Leoni, Clinical Clerk.

Lieutenant Commander Kristine Batten, MC, Cardiology.

Lieutenant Commander Vernon Goldsworthy, MC, Anesthesiology.

Hospitalman Germaine William, Nursing Service.

Ensign Nina Premo, Nursing Service.

Hospital Apprentice Gladys Areizagal, Nursing Service.

Hospital Michael McConnell, Nursing Service.

Hospital Apprentice Terry M. Moore, Nursing Service.

Hospitalman Donald K. Rose, X-Ray.

Hospital Corpsman Second Class Marsha Saylors, PMT School.

Hospital Corpsman First Class Rudy N. Delumpa, Operating Management.

Hospital Apprentice William M. Hoffman, Operating Room.

Hospitalman Mark A. Schultz, Nursing Service.

Ship's Serviceman Second Class Kathryn A. Bradford, Special Services.

Hospital Corpsman First Class William E. Bradford, Operating Management.

Hospitalman Jan R. Trempler, Psychiatry.

Hospitalman Corpsman Second Class Terrie A. Kane, Cardiology.

Lieutenant Commander Patricia James, Nursing Service.

Ensign Susan L. Martin, Nursing Service.

Hospital Corpsman Third Class David R. Daniel, Laboratory Service.

Lieutenant Melanie K. Kaubisch, Nursing Service.

Lieutenant Charles Wagner, Pediatrics.

Lieutenant Bruce A. Winter, Anesthesiology.

Hospital Corpsman Second Class Marcus A. Rodin, PMT School.

Hospital Apprentice Juan F. Calonje, Operating Room.

Commander Robert C. Krasner, Internal Medicine.

Lieutenant Commander W. H. Archambault, Staff Judge Advocate Office.

Lieutenant Nicamor Rodriquez, Internal Medicine.

Hospital Corpsman Second Class Uranus-Sal Lizaro, PMT School.

Hospital Corpsman Third Class Charles Timpany, OR School.

Lieutenant Edward R. Zech, Surgery.

Hospital Corpsman Second Class Margie E. Gotts, PMT School.

Hospital Recruit Cullen Wagoner, Nursing Service.

Hospital Corpsman First Class Linda Chamberlain, Physical Therapy.

Hospital Corpsman Second Class Gregory R. Jenks, PMT School.

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(Continued to Page 7)

Gladys Mitchell retires today

Gladys Mitchell retires today after 25 years of government service. More than 17 of those years have been spent here at Oak Knoll, and almost all of it in Central Appointments. She has also been the NRMC Oakland representative for the Naval Employees Association during recent years.

Gladys, who is a Korean War widow, said "the people here at NRMC are my family," adding that "I love my office and fellow workers and have second thoughts about leaving." After 25 years, however, she explained that she feels it is about time to make room for new people coming along. Plus she misses her daughter, a school teacher in Las Vegas, and will spend a lot of time visiting Nevada.

Gladys apparently doesn't plan to just sit around when she retires. Already she plans to travel, play bridge with friends and work for her church. There is also a good chance of volunteering here at the hospital in the OB/GYN clinic. "Of course," Gladys said, "I'll still be reading my Harlequin romance books."



Gladys Mitchell

Kudos

Navy Achievement Award

LCDR Mark Dawson, Staff Judge Advocate.

Civilian Special Achievement Awards

Ben Nelson, Public Works.

Wendy Gross, Legal Office.

Antarctic Service Medal

HM2 Perry Wein, Laboratory Service.

Letters of Commendation

CAPT Warren Hodge, MC.

CDR James Schneider, MC.

PR3 Davy Carey, from CO, USS PELEIU (LHA-5).

CDR David Figgins, NC.

HM2 Clifford Delnay, Urology.

CDR Moussa Menasha, MC.

LCDR Mary Cornell, NC.

Mr. Al Hansen, Supply Service.

Letters of Appreciation

LT Randeen Beck, NC.

HM2 Stephen Stroud, X-Ray.

HM3 John McCord, Laboratory Service.

LCDR Christopher Harris, MC.

Mr. Francisco Pietri-Norat, Housekeeping Service.

Residency Certificates

CDR Alfred Mateczun, MC (Ophthalmology).

LCDR George Batten, MC (Orthopedics).

LCDR Dale Gunn, MC (Radiology).

CDR Prudencio Mendez, MC (Otolaryngology).

LCDR Thomas Allred, MC (Pathology).

LCDR Christopher Harris, MC (Urology).

Civilian Length of Service

40 Years

David A. Williams, Transportation.

30 Years

Willie B. Smith, Housekeeping.

25 Years

Jean L. Anderson, NSA Mare Island Branch Clinic.

Dorothy E. Jacques, Data Processing.

Galdys Mitchell, Appointment Desk.

15 Years

Gerald V. Attix, Management Information.

Beverly J. Billman, NAS Alameda Branch Clinic.

Eloys M. Nicols, Food Service.

Katherine H. Snyder, Nursing Service.

10 Years

Erlinda B. Guzman, Nursing Service.

5 Years

Steven R. Bromberg, Housekeeping.

Matthew D. Chappel, Pharmacy Service.

Andre W. Gilmore, Orthopedics Service.

Kathleen M. McVicker, Clinical Investigation Center..

Diane C. Smith, Nursing Service.

Good Conduct Award

HM3 Daniel Dees, Laboratory Service.

Expression of Appreciation

LT Betsy McKinnon, NC.



NEW NEA REP—Anita Smith, receptionist in the Surgery Clinic and an employee at Oak Knoll for more than three years, has been appointed as the medical center's liaison representative for the Navy Employees' Association headquartered at NAS Alameda. Anita replaces Gladys Mitchell, who is retiring. Although the annual membership drive has ended, NRMCO cilivian employees may still join the association. For further information, call the new NEA representative at Ext. 2105.



TESTING—HM2 Tom Bowman of the Primary Care Clinic takes a tuberculosis skin test from HN Patrick Kearney of 8 West. The tuberculosis screening, mandatory for all military staff, was conducted July 19-21.

MED • SCAN

A quick look at recent health care developments

Allergic reactions to penicillin tend to fade over a period of time—or may have been mistakenly diagnosed to begin with and the individual never did have an allergic reaction. In a major study at the Mayo Clinic and reported in *Medical World News* **most patients who had been reported to be allergic to penicillin in the past currently had negative skin reactions and were able to take the drug with no adverse reactions.** The journal also reports that a new semi-synthetic penicillin which was approved by the Food and Drug Administration only recently is a real "pip," piperacillin, that is. Marketed under the trade name of Pipracil, the new drug has been described as the "broadest spectrum (range of anti-bacterial action) penicillin drug that's ever been released in this country."

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Toxic shock syndrome is not an illness confined solely to menstruating women but is, says a report in the *Journal of the American Medical Association (JAMA),* a new disease associated with wound infections. The Center for Disease Control studied the case reports of toxic shock syndrome from 45 states from Jan. 1, 1980 through July 31, 1981. They found 13 instances of the syndrome due to wound infections from a variety of common surgical procedures. In all but one case **staphylococcus aureus,** the same bacteria associated with toxic shock syndrome in menstruating women, was recovered from the surgical wounds. The patients exhibited the same symptoms as menstruating women: Fever, diarrhea and vomiting. The report makes the point that it is not known whether **staphylococcus aureus** was present in the patients before their operations or acquired after the surgery.

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The exact cause of sudden infant death syndrome (SIDS) is not known. But clues are appearing. A study carried in the *Journal of the American Medical Association (JAMA),* **confirms earlier suspicions that the risk of SIDS and the age of the mother are related.** The study examined 431 cases of sudden infant death and found that the younger the mother the more the risk of SIDS. The preliminary conclusion would seem to point to nutrition as one possible cause of the problem. Nutritional requirements for growth during adolescence are great. But when these increased nutritional requirements are coupled with the additional nutritional demands of pregnancy, the possibilities of problems for the newborn are very real. Interestingly, the study also confirmed that the first-born of a woman has less risk of SIDS than his or her siblings.

Destroyer completes emergency MEDEVAC

A sailor with possible appendicitis was evacuated from the frigate USS BOWEN (FF 1079) and transferred to a Medical Center for prompt treatment recently, thanks to the combined efforts of USS JOHN RODGERS (DD 983) and Helicopter Antisubmarine Squadron 36, Detachment Six.

While transiting the Central Mediterranean the evening of July 12, RODGERS' Commanding Officer received a request from BOWEN to provide assistance for the ill crewman. RODGERS embarked the LAMPS helicopter detachment from USS JOHN HANCOCK (DD 981) shortly after midnight and closed BOWEN's reported position at high speed. Early the next morning, when the ships had closed to 20 miles, the SH-2 "Sea Sprite" flew to BOWEN, embarking the patient and an emergency leave passenger.

After retrieving the helicopter, RODGERS sped toward Sigonella, Sicily, where the crewman would be transported to Naples' U.S. Naval Regional Medical Center. The LAMPS was launched well off the Italian coast, and pilots LCDR James Radney and LTJG Jeff Greer flew more than 70 miles to the Naval Air Station at Sigonella.

JOHN RODGERS is returning from its third overseas deployment. The destroyer is commanded by CAPT G.F.A. Wagner and homeported in Charleston, S.C.

For some conditions

CHAMPUS may share plasmapheresis expense

CHAMPUS will now share the cost of "Plasmapheresis"—or, the removal, processing and return of blood to the body in certain life-threatening situations.

To qualify as a CHAMPUS benefit, the blood processing should be used only after conventional forms of treatment have been tried and proven ineffective when the patient's life is endangered by certain specific medical conditions. The conditions include: a progressive weakening and paralysis of the muscles (especially facial muscles) called myasthenia gravis; thickening of the blood associated with the growth of certain tumors; and certain kidney inflammations.

Plasmapheresis has been unde investigation regarding its effective ness in treating various diseases, an therefore hasn't up to now bee included in CHAMPUS benefits. Result of the studies have been encouragin and its usefulness in treating some ai ments has been documented. Howeve its effectiveness still remains to b proven for other diseases; until mor conclusive information is gathered CHAMPUS can only share the pro cedure's cost as a last resort treatmen of certain conditions.

CHAMPUS may cost-share on those blood-processing procedure which were performed on or after Au 1, 1981, for specified medical cond tions.

New studies underway on pulmonary hypertension

The University of California, San Francisco is one of 35 medical centers participating in a new nationwide study directed at finding clues to the cause and possible treatment of primary pulmonary hypertension—a rare disease that kills 70 percent of its victims within two years of diagnosis.

Although primary pulmonary hypertension strikes people of all ages, the majority of victims are young women between the ages of 20 and 30, according to Bruce H. Brundage, UCSF professor of medicine and radiology.

As part of the study, the National Heart, Lung and Blood Institute has established a patient registry to obtain and evaluate data on the disease. UCSF and other participating medical centers hope to enroll a minimum of 150 patients a year for the three-year research period.

In addition to UCSF, institutions in the Western U. S. taking part include UC-San Diego, Cedars-Sinai Medical Center, Los Angeles, and the Universities of Oregon and Washington.

Primary pulmonary hypertension results when the arteries within the lungs become closed or obstructed. Unlike other hypertension disorders, the disease's cause, natural course and most effective treatment remain unknown.

Because the condition is relatively rare, clinicians have been unable to accumulate data on a significant number of patients and very few of the disease's distinguishing characteristics have been clarified, said Brundage, who directs the UCSF Adult Cardiac Catheterization Laboratories and is an investigator in the Cardiovascular Research Institute.

The purpose of the patient registry is to obtain and analyze data on the etiology, natural history, pathogenesis, diagnosis and treatment of the disease, with the hope of developing new and effective strategies for early diagnos and treatment, said Brundage, who the principal investigator in UCSF effort.

Physicians in the area are bein asked to refer patients with the diseas to UCSF or one of the other participat ing institutions. Information will b recorded on a standardized patie reporting form and forwarded to a dat and coordinating center. Eligibl patients include children older than on year and adults who have pulmonar hypertension of unknown etiology.

Although it is known that primar pulmonary hypertension results fro closure or blockage of arteries withi the lungs, the factor or factors respon sible have not been described.

Normally, the blood that ha coursed through the body returns t the right side of the heart. The righ ventricle then pumps the "used" bloo through the lungs where carbon diox ide is given off and oxygen is absorbed The blood is then routed to the left sid of the heart, from which it is again cir culated.

When the arteries in the lung become occluded, however, the cir culation from the right ventricl becomes impaired. The increase resistance within the arteries require high pressure in the right ventricle an the pulmonary arterial system to main tain blood flow; thus the nam pulmonary hypertension. Some lun conditions, such as emphysema o fibrosis, can cause such circulator resistance. However, when no suc conditions or heart disorders exist, th pulmonary hypertension is the primar or only disease.

For additional information or fo patient referral, physicians may con tact: Bruce H. Brundage, M. D., Unive sity of California, San Francisco, 118 Moffitt Hospital, San Francisco, C 94143. Phone: (415) 666-1326.

Cocaine imitations 'deadly'

The Food and Drug Administration (FDA) said July 8 that "novelty cocaine substitutes" sold under various names "can be as deadly as the high-priced original," and cited several deaths reported from injecting or sniffing the substances.

The substitutes, many of which are sold as a white powder, "can collapse blood vessels, depress heart muscle strength and cause low blood pressure," according to the FDA. The warning was contained in a request to manufacturers of the ingredients t tighten distribution standards or fac "further regulatory control."

Many of the imitations contain loca anesthetics, such as lidocaine, procain and tetracaine. FDA Commissione Arthur Hull Hayes Jr., said his agency "asking all manufacturers and distribu tors to help stop this diversion of thes relatives of cocaine." He termed th misuse of the substitutes "a newl emerging public health problem wit deadly consequences."

SGLI premiums reduced

More than three million persons will are a $42 million reduction in pre-um costs of Servicemen's Group Life surance (SGLI), according to a June announcement by administrator of eterans Affairs Robert P. Nimmo. The ductions become effective July 1.

The new monthly premium for max-um coverage of $35,000 is $4.06, mpared to the previous rate of 5.25. The decrease will result in over- savings exceeding $30 million per ar for active duty military personnel d approximately $12 million per year r ready reservists with full-time verage.

SGLI began in 1965 with coverage limited to $10,000. Maximum coverage was subsequently increased by Congress on three occasions, most recently on Dec. 1, 1981, to its current limit.

The program is funded by servicemembers' premium payments. The premium reduction is the result of the program's increased investment income and continuing favorable mortality experience. There is no change in the premium rate for retired reservists and ready reservists with part-time coverage.

educed rates possible or tours, cruises, airfare

Special reduced rate tours, cruises d airfares are being offered to the itary and DoD civilian employee mmunity to such far-off places as Caribbean, Europe, the Far East and waii.

A new program featuring the waiian Hilton Village is being offered a seven-night stay. The price is 25 per person double occupancy d it includes such extras as a flower tours, baggage handling and break-t briefings.

Tour packages of 7, 9, 13 nights or longer operate all year long to the Hale Koa Hotel, the military hotel on Waikiki. Reservations for holiday seasons and winter time should be made well in advance.

Armed Services Tour and Travel Services of Honolulu may be reached by writing or calling 1860 Ala Moana Blvd., Suite 405, Honolulu, Hawaii 96815—Tel. (808) 946-4802 or the firm's other office in Arlington, Va., by calling (703) 525-9898, or writing P. O. Box 1326, Arlington 22210.

me for fun trip to Elizabethan era

Once again, beginning tomorrow, six weekends and Labor Day, the aissance Pleasure Faire will be held e Blackpoint Forest near Novato in in County (across the Golden Gate ge). To get there, take Highway to Highway 37 and off at the kpoint Exit.

The theme of this colorful event is recreation of the Elizabethan Era, uring jousting tournaments, games, crafts and wares of the age, and periodic appearances by "Queen Elizabeth" and all the members of her court. Renaissance music is played and foods and drinks of the period are for sale, as are products of many fine artisans.

The best way to enjoy this faire is to come in costume and participate actively in the games, festivities and feasting. Turn yourself into a Robin Hood or one of his Merry Men. Be a friar or a lady-in-waiting, or come as a jestor or wench.

Price for the tickets, which are obtainable at the Faire, are $9.50 for adults and $3.75 for children, 2-12 years old.

MOVIES

Friday, Aug. 6, 6:30 p.m.—THE ELEPHANT MAN—John Hurt, Anthony Hopkins/Drama/PG

Saturday, Aug. 7, 1 p.m.—ROBINSON CRUSOE—Animated Cartoon plus Short Subject Cartoons—Classic/G

Saturday, Aug. 7, 6:30 p.m.—BREAKER MORANT—Ed Woodward, Jack Thompson—Drama/PG

Sunday, Aug. 8, 6:30 p.m.—FEAR NO EVIL—Stefan Arnfrim, Elizabeth Hoffman—Horror/R

Monday, Aug. 9, 6:30 p.m.—2001: A SPACE ODYSSEY—Gary Lockwood, Keir Dullea—Space Drama/G

Tuesday, Aug. 10, 6:30 p.m.—SOUTHERN COMFORT—Keith Carradine, Powers Boothe—Suspense/R

Wednesday, Aug. 11, 6:30 p.m.—CANNERY ROW—Nick Nolte, Debra Winger—Comedy/PG

Thursday, Aug. 12, 6:30 p-.m.—WHOSE LIFE IS IT ANYWAY?—Richard Dreyfuss, John Cassavettes—Drama/R

Friday, Aug. 13, 6:30 p.m.—DOGS OF WAR—Christopher Walken, Tom Berenger—Action/R

Saturday, Aug. 14, 1 p.m.—SWISS FAMILY ROBINSON—Animated Cartoon plus Short Cartoons—Classic/G

Saturday, Aug. 14, 6:30 p.m.—HARDLY WORKING—Jerry Lewis, Susan Oliver—Comedy/PG

Sunday, Aug. 15, 6:30 p.m.—TOWER OF LONDON—Basil Rathbone, Boris Karloff—Mystery/PG

Monday, Aug. 16, 6:30 p.m.—ICE STATION ZEBRA—Rock Hudson, Ernest Borgnine—Drama/G

Tuesday, Aug. 17, 6:30 p.m.—QUEST OF FIRE—Everett McGill, Rae Dawn Chong—Adventure/R

Wednesday, Aug. 18, 6:30 p.m.—THE LOONEY, LOONEY, LOONEY, BUGS BUNNY MOVIE—Animated/G

Thursday, Aug. 19, 6:30 p.m.—VENOM—Klaus Kinski, Oliver Reed—Drama/R

Military discount offered by Amtrak

Military personnel presenting valid active duty (green) cards at any of the Amtrak ticket offices, or at one of their appointed travel agencies, receive 25 percent off the price of regular coach fare. If their families accompany them, there is a special plan offered.

When leave time rolls around and a visit home or a weekend "getaway" is top priority, you might want to try this type of transportation. Train travel has many advantages over driving. You can relax in a reclining chair and enjoy the scenery. Without stopping, you can take a walk, have something to eat or drink, socialize with other passengers, or just read a good book.

Amtrak trains travel into the heart of the cities, convenient to cabs or other transportation. From Oakland there is connecting service to San Francisco, San Jose, Los Angeles, San Diego, across the nation, even Montreal.

'Big Top' headed Oakland way

Ringling Brothers Circus is coming to the Oakland Coliseum for a seven-day run beginning Aug. 24.

Special Services will have special discount seats for most performances. Seats normally costing $8 will be discounted to $6.50.

Days and performances covered for NRMC Oakland are: Aug. 24, 7:30 p.m.; Aug. 25-26, 8 p.m.; Aug. 27, 2:30 p.m.; Aug. 28, 11 a.m. and 3:30 p.m., and Aug. 30-31, 8 p.m.

If interested, see Sally in Special Services.

BIRTHS

he following new additions to the ary medical "family" have arrived aval Regional Medical Center Oak-

baby boy to Lieutenant John G. er, Medical Service, and his wife ara, July 15.

baby girl to Hospital Corpsman d Class David L. Frink, NAS Moffett l, Branch Clinic and his wife Can-, July 17.

baby boy to Hospital Corpsman nd Class Patricia Anne (Hughes), C Branch Clinic Mare Island, Surg-Service and her husband Harold July 17.

baby boy to Lieutenant Com-der Basil L. Pugh, Surgery Service, his wife Kimberly, July 18.

baby girl to Lieutenant Michael er Ambrose, Intern, and his wife nne, July 20.

baby boy to Hospital Corpsman 1 Class Debra Lin Blampye, Hyper-ion Clinic, and her husband inic, July 22.

mings and ings—

(inued from Page 5)

RMC Oakland also extends a nborly welcome to:

ptain John Hansen, Staff Medical er, Military Sealift Command, NSC and, and

ommander Stanley Husted, Medi-Service Corps, OIC, Disease or Ecology Control Center, NAS eda.

Changes in CREO announced

WASHINGTON (NES)...As the Navy grows, people must be channeled into the ratings that need them the most. This requires close management of the two methods of striker designation and training—the "A" school plan and on-the-job training.

The Navy's Career Re-enlistment Objectives program—CREO—is described in OPNAVINST 1133.3B; this new instruction lists some major changes in administering OJT programs for strikers.

40 percent of all E-3s achieve striker designation via OJT

Of the 99,000 E-3s in the Navy, 39,000 will be eligible for striker designation this year using the OJT route. Ensuring that these candidates enter the best rating—both for them and the Navy—is the combined responsibility of the individual, the Professional Development/Striker Board, the commanding officer and, in some cases, Naval Military Personnel Command. NMPC's involvement is determined by rating entry requirements; whether it is an *open*, *closed* or *controlled* rating.

An *open* rating is available for all E-1 to E-3 people via OJT. Commanding officers may approve designation to these ratings through participation in the Navywide exam.

A *closed* rating means entry is not available for E-1s to E-3s using OJT because of an overmanning in that rating. Striker designation is only accomplished by attending "A" school.

A *controlled* rating means rating entry for E-1s to E-3s must be approved by NMPC and the applicant must participate in the Navywide exam.

New CREO assignments mean fewer open, more controlled ratings

The new CREO instruction increases the number of *controlled* ratings. The goal is to solve both short-term and long-term manning or skill imbalance in the force. The following is a summary of the rating categories affected:

	Men		Women	
	Old	*New*	*Old*	*New*
Open ratings	58	23	20	24
Closed ratings	4	2	21	13
Controlled ratings	6	32	22	24
"A" school	27	27	22	22

For men, the major changes have been a decrease in *open* ratings and an increase in *controlled* ratings. For women, there are fewer *closed* ratings and more *open*. There has been no change to ratings with "A" school only entry.

The major change: more quota controlled ratings.

Open ratings are designed to attract a large number of strikers by making entry as simple as possible. Commanding officers screen candidates and authorize striker designation. *Closed* ratings cannot be entered, and requests for entry should not be submitted.

For *controlled* ratings, quotas have been established to ensure balanced manning in those ratings. Commanding officers screen candidates and submit a quota request via Enlisted Personnel Action Request (NAVPERS 1306/7) to NMPC-483. A selection board then considers all requests and approves those who best qualify.

Deadlines for submission of quota requests are Jan. 15 for the March exam cycle and July 15 for the September exam cycle. Navy people are encouraged to get requests in early to permit possible alternate rating selection if a quota is not granted. The NMPC selection board considers the commanding officer's endorsement to the NAVPERS 1306/7, the Navy's overall manning requirements and specific manning shortages within the member's unit in making quota decisions.

Contact command or unit career counselors for further details on how these new regulations affect you.

Veterans council guests

Oak Knoll patients, staff treated royally at Salinas

By Sally Young

Fifty-seven NRMC Oakland active duty military patients and staff attended the recent annual Salinas Rodeo as guests of the Associated Veterans Council of Salinas, Calif.

The invitation included a delicious chicken luncheon at the Salinas Elks Lodge followed by an exciting rodeo and then an excellent ham steak dinner at American Legion Post No. 31. As if that wasn't enough, when NRMC people boarded the bus and vans for the return trip, home-baked pies and cakes were under each seat.

HM3 Shawn Mason of Pharmacy reported, "The food was excellent... chicken and all kinds of salads and ice cream for lunch; ham steaks and vegetables and deserts for dinner. It was my first time to go on this outing and it was really worthwhile. If they have it again, I plan to try to make it each year as long as I am at NRMC."

Other comments were:

HM1 Chuck Pearce: "The hospitality of the Elks Lodge was fantastic. The rodeo was enjoyable. The people made us welcome."

HA Michael Peters:"Elks Club was great in their hospitality."

Others said, "Had an excellent time." "It was quite a ride!;" "Food was good for sure;" "The people were very cordial;" "The American Legion Post dinner was just great." Participants' feelings were well summed up by Lt. Galer of Pharmacy. "The townspeople were very friendly and shook our hands. They made us proud once again to be men in uniform."

Thank you, citizens of Salinas, and especially Mr. Thomas E. Pickinpaugh, President of the Associated Veteran's Council, for thinking of us.



MAKING IT OFFICIAL—Rear Admiral Walter M. Lonergan (center) "referee" as a reluctant Commander Frank Fisher, representing the Medical Servi Corps, hands the perpetual trophy to Command Master Chief Charles Dacke man following the chief petty officers' victory in the standing softball rival between the MSCs and the CPOs. This is the first time in eight years that t chiefs have won.

Bathtub Regatta slated Aug. 21

A fiberglass flotilla will brave the waves on Saturday, Aug. 21, at San Leandro Bay Regional Shoreline in Oakland for the 9th Annual Bathtub Regatta, sponsored by San Francisco radio station KNBR.

Opening ceremonies will be at noon, and the competition will last until about 5 p.m. Races will be run in the Airport Channel section of San Leandro Bay. A reviewing stand will be located in the picnic area off Doolittle Drive north of Swan Way, also the best vantage point for the public.

Tubs are entered in two categories for the event: funny tub and regulation tub. Specifications are strict for the regulation tub, and anything goes for the funny tub. However all entries must incorporate a porcelain, fiberglass or metal bathtub in the design. Entrees closed Aug. 2.

Proceeds from sale of food and drink at the regatta will benefit Children's Hospital Medical Center of Northern California.

San Leandro Bay Regional Shoreline can be reached from Highway 17 by driving west on Hegenberger Road, then north on Doolittle Drive toward Alameda.

AC Transit will offer shuttle bus service to the event from the Oakland Coliseum BART Station. Vehicle parking will be available at an Oakland Airport lot across Doolittle Drive from the Regional Shoreline.

(The East Bay Log, August 1982).

Save dollars on visit to 'Great America'

Naval Regional Medical Center Oakland personnel can now purchase three Great America Good Any Day tickets and receive one free. This exceptional offer is valid through Sept. 6. With the purchase of three tickets for only $11 each at Special Services, purchasers will receive a coupon that will admit a fourth person free when accompanied by three paid ticket holders.

As admission price at the Santa Clara park is normally $13.95 each, this purchase through Special Services would save a party of four nearly $23.

New shows for '82 include the "Evolution of Rock," spanning three decades of rock-and-roll, "It's A Magic World," featuring displays of illusion and prestidigitation, and "Hail Columbia!", a salute to the Columbia space shuttle. And—kids are kings in the all new Kid Kingdom, a theme park within a theme park.

'Red eye' to Tahoe planned Aug. 14

A "red eye" special to South Lake Tahoe in mid-August is being sponsored by the Chief Petty Officers/ Enlisted club on base.

All active duty, retired, dependents and civilian employees are invited to join in on a first-come, first-served basis. "This is open to the first 43 people with money in hand," said Jim Rosen, club manager, who also added that cancellations will not be refunded.

An air-conditioned chartered bus will leave at 9 a.m. on Aug. 14 from the parking lot across from the Porthole near the Mountain Boulevard gate, and return on Aug. 15 about 12:30 a.m. Tour cost is $15, all of which will be refunded in cash, food and drink at the casino upon arrival. (The bus will stop at both Harrah's and Harvey's.)

This will be a party bus and reportedly carry a nice mix of people.

For more information see Jim at the club... and, good luck!

Entries invited for photo contest

The Navy Photography Contest will be held at NAS Alameda, Calif., Nov. 8-12. This contest is a prelude to the 19th Interservice Photography Contest slated for Scott Air Force Base, Illinois during the week of Dec. 13-17.

The Interservice Photography Contest has a perpetual trophy which is awarded to the service receiving the highest number of points for winning photographs.

First place winner, in all categories, will be given a U. S. Savings Bond in the amount of $100, and $75 and $25 bonds will go to second and third places, respectively.

All personnel submitting entries to the Navy Competition must have entry form (DD 1533) and a model release, if applicable. All entries submitted for final competition are to be received by NAS Alameda before Nov. 5. Send all entries to the Recreation Service, Naval Air Station, Alameda, Calif., 94501.

For further information, call the local Special Services office at Ext. 2479.

Admiral's Cup

CPOs dunk MSCs after years of defeat

The CPO team has recaptured the Admiral's Cup after eight years of MSC victories in slowpitch softball.

In the three-game series the chiefs were skinned by their opponents 9-8. Then in the first game of the July 23 double-header, Coach Bob Owens' MSC team won 4 to 1 behind the superb pitching of Dick Newell and the booming bats of Pat Shannon an Barney Rabold. The deciding thir game was won by the CPOs 9-7 a Mike Larkin displayed his awesom power by crushing a home run dee into right centerfield.

The game also highlighted som outstanding fielding and base runnin by Hal White and Andy Latigue.

'Tramps' tromp champs in playoff

Although the Special Services team finished in sixth place with an 8-4 record in regular season softball play, Coach Reggie Day led the same team to win 12-8 over the league champion Anesthesiology team in a playoff on July 26.

The playoffs were kind of a disaster for Anesthesiology, who, although ending the season in first place with a 10-1 record, were defeated by MSC 27-3 as well as Special Services, giving the champs an overall position of second place for 1982.

Coach Day attributes the success of the Special Services "Tramps" to the following players: Mark Ford, Elwood Denicola (who homered in the championship game), Eaon Anderson, C. J. Anderson, Phil Herman, Jim Nadeau, Thaddeus Johnson, David Dominque, Thomas Ramirez, Mike Maloney, Bruce Burch, Chris Enriquez, Gus Bohorque and Jake Wiggs.

Complete playoff results:

Anesthesiology 14—Med Repair Pharmacy 12; MSC-13—Lab 4; Special Services 20—PMT School 17; General Medicine 10—Ortho 5; MSC 27—Anesthesiology 3; Special Services 10—General Medicine 9; Special Services 6—MSC 5; Special Services 12—Anesthesiology 8.

Brazil hosts Judo 'military olympics'

The World Military Judo Championships of Conseil International du Sport Militaire (CISM), will be held in Sao Paulo, Brazil, Aug. 21-30. The U. S. Military team will be a composite of top Army, Navy, Air Force and Marine Corps Judo competitors selected during a two-week training camp hosted by the U. S. Navy at Port Hueneme, Calif., Aug. 8-20.

CISM games are held annually with different competitions featured at various times of the year and hosted by different member nations. CISM events include all the sports found in the Olympic Games, plus those more directly associated with the military such as orienteering, sharpshooting and the combat arts, including judo.

The aim of CISM is to encourage participation in military sports and to develop friendly relations between the armed forces of the participating nations.

Classifieds

FOR SALE

Queen-size mattress and box springs, $175; 8 ft. wicker couch, glass top coffee table and end table, $285 for set; Dinette, 4 chairs, $90. Call LCDR Kelly, Ext. 2075, or CDR Imes, Ext. 2065.

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THE

OAK LEAF

. 44, No. 16 | Naval Regional Medical Center, Oakland, California | Friday, August 20, 1982

our at Oak Knoll

Leoni family well-represented in Navy medicine



THERS LEONI—(Left to right) Peter, James, Patrick and Michael—all on their way to becoming full-fledged Navy icians, and all presently assigned to Naval Regional Medical Center Oakland.

Through simple coincidence and individual Navy orders, four brothers recently found each other simultaneously assigned to Naval Regional Medical Center, Oakland, Calif.

Navy physician Lieutenant Patrick Leoni, 34, who began a surgical internship on July 1, was soon joined by Ensigns Michael, 32, James, 27, and Peter, 26, all serving clinical clerkships as part of the Navy physician scholarship program.

Michael (who will choose a specialty of medicine or surgery), James (interested in obstetrics and gynecology) and Peter (to specialize in internal medicine) will resume studies at Creighton University School of Medicine, Omaha, Neb., in the fall, while Patrick completes his internship at the Oakland hospital.

The brothers, sons of Dr. Angelo Joseph Leoni and his wife Tressa Patricia, are only four of a family of 10 children. Two of the Navy medics' sisters—Angela, 29, and Mary Patricia, 24, are both civilian nurses—Angela employed at the University of California, San Francisco Moffitt Hospital, and Mary at Marin General Hospital. Two other siblings are attorneys, while the remaining two still live at home.

Dr. Angelo Leoni, a native of the East San Francisco Bay community of San Pablo, maintains a general civilian practice in the northern California town of Petaluma. He served as an Army physician from 1943 to 1948.

When his sons were asked why they selected the Navy over the Army, they unanimously agreed with Michael who said, "it's a romance with the sea."

ethesda command to be reorganized

e Navy's Bureau of Medicine and ery has announced plans to revise ommand structure of National Medical Center, Bethesda, Md., ive Sept. 1.

e purpose of the reorganization is arate the command and manage- functions of the naval hospital at sda from the broader respon- es of the commander of the al medical center. The National Medical Center, Bethesda will ue to have a commander of flag le will be supported by a chief of and directors of logistics, rce management, operational ng, and consolidated civilian per- l.

nmand and management at the hospital at Bethesda will be the nsibility of its commanding officer. He will be supported by an executive officer, an administrative officer, and management leaders of five major departments—hospital administration, nursing, medical specialties, surgical specialties, and ancillary services. The Commanding Officer, Naval Hospital, Bethesda will report to the Commander of the National Naval Medical Center, as will the commanding officers of the other components of the region: Naval Hospital, Patuxent River; Naval Regional Medical Clinic; Annapolis; Naval Regional Medical Clinic, Quantico. Thirteen tenant commands at Bethesda will receive host support from the Center's commander.

The reorganization will provide the management structure to ensure that regional problems and tasks such as resource planning and utilization, records, and documentation are pursued in a timely manner, and will allow hospital operations to be focused fully on patient care.

The plan creates clear lines of authority and accountability that will improve quality assurance, organizational efficiency, and overall responsiveness to the needs of both the patient population and the Navy/Marine Corps command structure.

A in spotlight at this hospital

clinical and administrative ser- nvolved in patient care here have directed by the command to e thoroughly familiar with stan- (particularly those on quality nce) contained in the Joint Com- on Accreditation of Hospitals) Manual, in preparation for an ated early December survey.

ording to Captain H. James T. Director of Clinical Services, a nent Quality Assurance (QA) will be immediately established North with Captain William n serving as QA Coordinator. involved include Commander Dault, Commander Joan Tulich, ant Larry Kilgore, Ensign Mark and the Audit and Utilization nators, Lily Thompson and Terry.

A Coordinator will be assigned in inical service, a training program initiated, and committees brought on line. A fully-organized QA plan for the hospital will be in effect almost at once, Captain Sears said.

Captain Theresa Proto of the Standards Development Branch, and Commander Paul Daniel, Director of the QA Division, both of the Navy Bureau of Medicine and Surgery, visited Oakland Aug. 4-6 to critique existing documentation and offer guidance on standards.

JCAH is the official accrediting body for some 5,000 civilian and military hospitals throughout the United States.

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'Command Line'

New communications feature in Oak Leaf

A new column, "Command Line," will become a regular feature of *Oak Leaf* as soon as questions, problems or suggestions to improve our operations have been submitted by military and/or civilian personnel of this command.

As the days go by, I hope to meet everyone. In the meantime, please use this new feature to voice any concerns you may have and to improve communication among all of the staff.

Depending upon the number of questions or complaints received, we may want to refine the method of submission to include a special hot line where your input may be recorded. In the interim, I have directed my Public Affairs Officer to receive your written concerns in any legible form (with the sender's name and work area identified, or anonymously, if preferred). All inquiries will be personally reviewed by me or my executive staff and investigative action initiated without delay where indicated. As appropriate, "Command Line" questions and answers will be published in *Oak Leaf;* in other instances, the writer will receive a reply directly from me. Truly "crank" calls or notes, of course, will go unanswered.

I am particularly soliciting questions on matters impacting upon medical center operations as a whole, recommendations, reports of incidents of abuse or fraud, or items of concern to large numbers of the civilian or military staff. Please also report positive information of interest to all of us.

Let me hear from you soon.

R. C. Elliott
Rear Admiral, Medical Corps, U. S. Navy
Commanding Officer

Editorial---

In The Political Process

Where Your Rights Begin and End

As a patriotic American who wants to keep the country strong and help the economy improve, you have some firm ideas of the people you would like to see elected in November, right?

Before you leap into battle in support of your favorite candidate, political party or partisan issue, be sure you're familiar with what the law permits you— as a military person or an employee of the federal government—to do and what it prohibits you from doing in the political process.

Because you're a servicemember or federal employee, a series of U.S. laws and regulations puts limits on your participation in party politics. In addition to the restrictions on partisan political activity in the Hatch Act and similar federal laws, active duty servicemembers are subject to Department of Defense Directive 1344.10, while civilian employees are subject to regulations of the Office of Personnel Management.

None of these keep you from exercising your right to register and to vote. In fact, servicemembers and federal employees are encouraged to register and vote in every election.

Still, there are limits. Here are the Do's and Don'ts for military and civilian personnel.

Military

A servicemember may:

- Express a personal opinion on political candidates and issues but not as a representative of the military.
- Promote and encourage military people to vote.
- Join a political club and attend meetings when not in uniform.
- Sign a petition as long as he or she signs as a private citizen, not as a representative of the armed forces.
- Serve as an election official as long as such service is not as a representative of a particular political party, does not interfere with military duties, is not done in uniform and has the approval of the service secretary concerned or his designee.
- Contribute to a political party or political committee, subject to the limits imposed by federal law.
- Display a political sticker on a private car. (Large signs, banners or posters on the top or side of a car are prohibited.)

A servicemember may not:

- Use official authority or influence to interfere with or affect an election, seek votes for a particular candidate or issue, or require or seek political contributions from others.
- Participate in partisan political management, campaigns, conventions or make public speeches in support of a partisan political campaign or issue.
- Make a campaign contribution to another member of the armed forces or to an employee of the federal government for the purpose of promoting any political objective or cause.
- Be a partisan candidate for civil office (except as specifically provided for in Section IV, DoD Directive 1344.10), or engage in public or organized solicitation of others to become partisan candidates for public office.
- Solicit or otherwise engage in fund raising activities in federal offices or facilities including military reservations, or sell tickets for or actively promote political dinners and other fund raising events for a partisan political cause or candidate.
- Take an active part in managing a partisan political campaign of a candidate for public office; attend, as an official representative of the armed forces, partisan political events even though he or she does not actively participate; or serve as an officer of a political party.
- Drive voters to the polls on behalf of a political party or candidate in a political election.
- Wear a uniform when campaigning or use any government property in a campaign.

The preceding rules apply to active duty servicemembers whether on duty or on leave.

But these rules do not apply to members of the National Guard and Reserves on active duty for training who are serving for a period less than 30 days. While on such duty, however, members of the National Guard and Reserves are expected to:

- Give full time and attention to the performance of military duties during the prescribed duty hours.
- Avoid any outside activities that would be prejudicial to the performance of military duties or inconsistent with the accepted traditions of the armed forces.
- Refrain from participating in any political activity while in military uniform, or using government facilities in furtherance of political activities.

Guardsmen and reservists not on active duty for training—and who are not federal employees in civilian life—are not subject to the above restrictions, except during drill periods.

Civilian

A federal employee may:

- Display political stickers on his or her car.
- Make voluntary campaign contributions to a political party or organization but not to an individual partisan candidate, i.e., contributions may be made to an individual's election committee but not to the individual directly.
- Express an opinion as an individual, privately and publicly, on political candidates or issues—so long as he or she doesn't take an active part in partisan politics.
- Serve as an election clerk or judge, or in a similar position and perform nonpartisan duties prescribed by state or local law.
- Be a member of a political party or other political organization, attend meetings and vote on issues.
- Take part actively as a candidate or in support of a candidate in a non-partisan political election.
- Sign a petition as an individual.
- Attend a political convention, rally, fund raising function or other political gathering.
- Be politically active in connection with an issue not specifically identified with a political party such as a constitutional amendment, referendum or approval of a municipal ordinance.
- Participate in the nonpartisan activities of a civic, community, social, labor, professional or similar organization.

A federal employee may not:

- Serve as a political party officer, member of a national, state or local political committee, an officer or member of a committee of a partisan political organization, or be a candidate for any of these positions.
- Organize or reorganize a political party, organization or club.
- Directly or indirectly seek, receive, collect, handle, disburse or account for assessments, contributions or other funds for partisan political use.
- Ask for political contributions from other government employees or request or receive political contributions in buildings where federal employees work.
- Sell tickets or actively promote activities such as political dinners of a candidate in a partisan election or of a political party or political club.
- Work at the polls for a partisan candidate or political party.
- Help manage the campaign of a candidate in a partisan election for public office or political party office.
- Be a delegate, alternate or proxy to a political party convention.
- Address a convention, rally, caucus or similar political party meeting in support of or opposed to a candidate for public office or political party office, or on a partisan political question.
- Drive voters to the polls for a political party or for a candidate in a partisan election.
- Start or circulate partisan nominating petitions.
- Endorse or oppose a candidate in a partisan election through a political advertisement, broadcast, campaign literature or similar material; become a candidate for or campaign for an elective public office in a partisan election except as specifically provided for in the code of federal regulations.

Although the laws, DoD directive and federal regulations seem strict, they are not meant to take away your right to get involved in politics. They are meant to protect military personnel and federal employees from political pressures and to do away with partisan politics at the workplace.

If you have any doubts as to what's allowed and what isn't, check with your commander, personnel officer or legal officer before getting involved.

A violation of the Hatch Act, DoD Directive 1344.10 or related federal regulations can lead to a fine, imprisonment and discharge from the service or the federal government.

Search on for NRMCO slogan

An all-hands search is now underway for an original slogan to best identify the mission of Naval Regional Medical Center, Oakland. All personnel, military and civilian—are encouraged to submit suggestions without delay.

Since one of this medical region's primary concerns these days is service to the operational Navy, the slogan might reflect this thought. Examples could be:

"Keeping The Crew Well And Able."
"Serving The Fleet With Wellness."
"Our Best Rx Is A Healthy Navy."
"We Care For Those Who Care For The Nation."

Entries should be submitted in writing (legibly handwritten or typed) to the Public Affairs/Oak Leaf Office not later than Sept. 30. Include your name, service, and an extension where you may be reached.

A selection committee will meet soon thereafter and the winning slogan announced in early October.

NAVAL REGIONAL MEDICAL CENTER
OAKLAND, CALIFORNIA

RADM R. C. Elliott, MC, USN
Commanding Officer

CAPT H. James T. Sears, MC, USN, Director of Clinical Services

CDR C. R. Loar, MSC, USN
Administrative Services.

Editor: Betty Beck

Editorial Clerk: Pat Heaphy

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HM2 Larry Marchionda

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Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.

pecial orientation slated or new command spouses

special orientation for wives of ns and spouses of other new cers to the command will be held at main hospital building on Oak Knoll nds the morning of Wednesday, 25.

sitors are requested to assemble in Clinical Assembly on the third floor he hospital at 9:30 a.m., to hear coming remarks from Rear Admiral ert C. Elliott, NRMC Oakland Com- ding Officer, and view a slide pre- tation explaining the mission and facilities of the medical region.

A short, guided walking tour of the hospital will follow, then visitors will be transported by Special Services van from the front of the hospital to the Quarters E residence of Captain and Mrs. H. James T. Sears, where a reception will be held.

Those newcomers planning to attend the orientation program are requested to call Mrs. Deena Koenig, 531-5540, by Monday, Aug. 23.

services

Worldwide survey due on drug, alcohol abuse

he Department of Defense an- iced on July 30 that it will conduct rldwide survey of drug and alcohol e to be administered to approx- ely 26,000 military members at e 60 locations. The survey is duled to be conducted from Sep- ber through November of this year. he objective of the survey, accord- o Dr. John H. Johns, Deputy Assis- Secretary of Defense for Drug and hol Abuse Prevention, is to deter- the extent of alcohol and drug use in the military services. In addition, survey is expected to depict the mental effect of drug and alcohol e on physical and social well- g, as well as in the work environ- ment. "This survey is one of our ways of ensuring that we define the true nature of the problem," Johns said.

Individual responses to the survey will be anonymous. The survey will be administered to randomly selected officer and enlisted members of each of the military services across four geographic regions—United States, Pacific, Europe and "other". The final structure of the survey and the data collection schedule are being developed. The announced survey will be similar to the one administered in 1980 which found that overall drug use had decreased since an earlier world-wide drug abuse survey conducted in 1974.

aptain Farrier to DC billet

aptain Paul H. Farrier will detach this command on Aug. 31 to join staff at the Bureau of Medicine and ery. Dr. Farrier who held the posi- of Occupational Health Service ctor here, has served more than 20 s in the service and holds the Navy mendation Medal.

APT Farrier's prior assignments been with the Bureau of Medicine Surgery in Washington, D. C.; as adron Medical Officer for Sub- ne Squadron 14, Holy Loch, Scot- with the Naval School of Diving Salvaging in Washington, D. C., aboard the USS DANIEL BOONE N 629).

. Farrier earned his M. D. from the ersity of Virginia and a master's in c health from University of Pitts- h. He completed Navy Submarine Diving School and took his resi- y at Pittsburgh and NASA. He also ed at the Industrial College of the ed Forces.



CAPT Paul Farrier

CAPT Farrier will be replaced here at NRMC Oakland by CAPT S. A. Powers, who has not yet reported.

y policy revised

change in policy has been pro- ated to improve the accuracy of delivery and to improve the onsiveness of the Navy pay em. Beginning Sept. 1, Navy people e paid the specific amount of pay ast on their Leave and Earning ements (LES), except in limited cir- stances where local disbursing es are authorized to override that e.

any improvements in military pay lements have been made over the two years to restore adequate pay reimbursements for travel. The ne of these changes, the complex lement criteria involved, and ciated major increases in field kload in implementing these entitle- ts have temporarily saturated the Pay System.

he new policy is effective for all documents submitted after Sept. will not affect LES "overrides" made prior to that date. Commanding Officers may waive the policy for certain categories of pay changes and to avoid financially burdening members with extreme personal hardships. Additional details may be found in NAVOP 080/82.

Lemoore Hospital telephone changes

This headquarters has been notified of a recent change in telephone numbers for the Commanding Officer's Office at Naval Hospital, Lemoore.

New numbers are:

During Working Hours—Autovon 949-4201; Commercial (209) 998-4201

After Duty Hours—Autovon 949-4256; Commercial (209) 998-4256.

Janet Wilson new station director

Janet L. Wilson has arrived at Oak Knoll to become Station Director of the American Red Cross at Naval Regional Medical Center Oakland. Although Paul Anderson, ARC director at NAS Alameda, has been serving in the same capacity part-time at Oak Knoll since the transfer of Vivian Ollila, this will be the first time in nearly a year and a half that NRMCO has had a full-time director.

Ms. Wilson, who has been with the Red Cross more than 12 years, comes to Oakland from a position as the organization's Wrangler Division Representative in Great Falls, Mont. Her other assignments have been as a recreation specialist in Vietnam (1970-71), therapeutic occupational specialist at Valley Forge Army Hospital (1972-73), Naval Regional Medical Center, Portsmouth, Va. (1973-75), Tripler Army Medical Center, Hawaii (1975-79), and as Station Director for Silas B. Hayes Army Hospital at Ft. Ord, Calif.

"I've worked with various branches of the service in Vietnam; different military hospitals in CONUS and overseas, as well as with the civilian community," she said. "This wide range of experience will be most beneficial to me in my new assignment as Station Director. I'm committed to providing assistance to the patients and staff at NRMC Oakland—to insure proper patient care and further the quality-of-life program for our men and women in the Armed Forces. I'm looking forward to being part of the hospital team."



Janet L. Wilson

The daughter of Mr. and Mrs. H. M. Wilson of Riverside holds a bachelor of arts degree in social science and recreation from California State University, Long Beach.

She now makes her home in San Leandro and enjoys outside interests of camping and hiking, jogging, music and reading.

MC detailer to visit

Medical Corps Commander W. J. Matz, Jr., of Navy Military Personnel Command, will visit NRMC Oakland Aug. 23-24.

The detailer will meet with all interns, senior medicine and pediatric residents and, time permitting, general medical officers, staff internists and pediatricians regarding future assignments.

A group meeting for interns and residents will be held at 8:30, Aug. 23, in Clinical Assembly. Individual appointments may be conducted thereafter. Scheduling should be done through Kris Clemens of Graduate Training, Ext. 2359/60.

Jumpers back Oct. 1

According to the Navy Uniform Board, the jumper-style uniform will be a bit earlier than originally scheduled. On Oct. 1, 1982, seven months ahead of the May 1, 1983 date currently listed, male E-5s and below must begin wearing the jumper-style uniform.

The date change was announced in NAVOP 57/82. The NAVOP also listed summer blue, winter blue, summer white and dungaree uniforms, as well as one blue and one white jumper-style uniform, as uniforms required in the seabags of E-5s and below.

The white hat is required with the jumper-style uniform and dungarees. The white hat or combination cap may be worn optionally with all other uniforms.

The jumper-style uniform remains optional for E-6 men but should become the mandatory uniform by Oct. 1, 1983.

Support for the jumper-style uniform in the monthly clothing monetary allowance began May 1, 1980. The allowance, currently paid to E-1 through E-5 men, pays the cost of the uniform in equal monthly amounts over a three-year period.

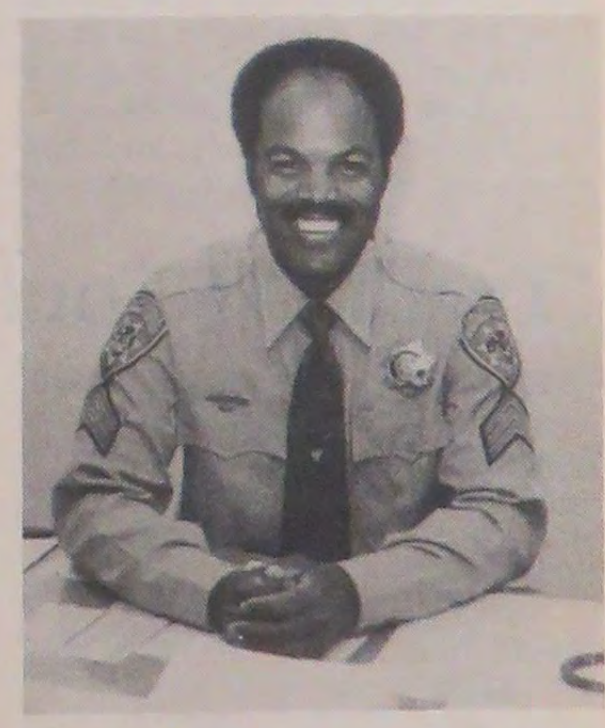
The changes announced by the NAVOP will be incorporated in the next regular change to U. S. Navy Uniform Regulations (NAVPERS 15665D).

Job openings

The Drug Screening Branch of Laboratory Service has an opening for a civilian Chemist, GS-9/11, to assist the present staff in performing lab testing in support of the Department of Defense Drug Abuse Prevention Program.

Applications will be accepted through Monday, Aug. 23, for this position. Call Christine Lessler, Civilian Personnel Service, for information on qualifications, etc.

A Clerk Typist, GS-4, is also needed by the Drug Screening Branch, and a Secretary (Typing), GS-5 by Civilian Personnel Service. Applications for both of these clerical positions will be accepted through Aug. 26. Call Maurine Tinsley, Ext. 2116, for details.



GUEST SPEAKER—Sergeant Fred G. Bowe, Public Affairs Coordinator, Golden Gate Division, California Highway Patrol, will address the Chief Petty Officers Association in a luncheon meeting at the Porthole on Sept. 2. Sgt. Bowe has been with the Highway Patrol for 11 years, working as a road patrol officer, passenger vehicle inspection officer, recruitment officer, and in his present position in the Bay Area administrative division. If his face looks familiar, you may have seen him on numerous occasions being interviewed as a CHP spokesman on television newscasts.



NEW SJA—Lieutenant Commander William H. Archambault has assumed the duties of Staff Judge Advocate for Naval Regional Medical Center, Oakland. He comes to his new billet from Naval Support Activity, Mare Island. An additional assignment in his five-year Navy service has been in Roosevelt Roads, Puerto Rico. LCDR Archambault earned a BA from Duquesne University in Pittsburgh, Pa., and a JD from Western New England School of Law, Springfield, Mass. His hometown is Bethesda, Md. and he is the son of Mr. and Mrs. George F. Archambault of that city. The new SJA, his wife Nora and two children live on Treasure Island.

Herpes subject of TV program

Medical Corps Lieutenant Commander Danny J. Lancaster of Internal Medicine appeared on KDOL—TV, Channel 13, on Aug. 10 in a discussion on herpes, a disease which is reputedly becoming epidemic in the United States.

Also participating in the program was Doug Miller, a national spokesman for the Institute of Information Center on Herpes Diseases.

Dr. Lancaster, in addition to his Medical Service duties, has also been serving part-time as an epidemiologist for Preventive Medicine Service at NRMC Oakland.

IG schedule changed

Because of conflicting commitments elsewhere, the previously scheduled visit of the Inspector General (Medical) team to this medical region has been subject to change.

One team member, Medical Corps Captain Lee Taylor, arrived at Oakland on Monday and spent four days at this hospital reviewing graduate training programs. Other members are expected to arrive individually through the rest of this month and conduct the routine inspection until approximately mid-September.

Fall classes at NRMCO

Medical Terminology I & II—Sept. 9—Jan. 27. Thurs. only. 2:30-5:30 p.m Bldg. 75B.

Beginning & Intermediate Class combined. This class will cover the bas roots, suffixes, and prefixes of medical terms and develop into advanc medical terminology.

Pre-Retirement Seminar—Sept. 21, 22, 28, 29, 8 a.m. to noon, all fou days. Bldg. 75B.

Planning a healthy retirement, discovering the what, why, when and hov Topics include: Myths and Realities of Aging, Positive Approach to Financi Planning, Living Arrangements, nutrition, goal setting, fitness, communi resources and more. Spouses are encouraged to sign up also.

Interviewing Techniques—Oct. 21, 28, 8:30 a.m. to 4:30 p.m., both day Bldg. 75B.

Target Audience: Managers and supervisors, civilian and military responsibl for interviewing and selecting new employees.

This class designed to improve interviewing skills and technique. How t guide the interview to obtain the data you need; how to avoid common inte viewing errors; how to ask questions that will encourage the applicant to tal how to evaluate all the data so as to select an above-average performer.

Assertiveness Training—Nov. 2, 4, 16, 18, 8 a.m. to noon, all four days. Bld 75B.

This class will cover: Introduction to tools and concepts of assertivene training for use in personal and professional life; learn to recognize th difference between Assertive Aggressiveness and Passive Ways of actin learn to communicate clearly, directly and effectively. Techniques for givin and receiving positive strokes and handling criticism and stress.

Effective Writing Techniques—Dec. 7-8, 8:30 a.m. to 4:30 p.m. Bldg. 75 This course emphasizes three aspects of writing that are vital to written com munication: Clarity, Conciseness, Precision. The emphasis is on gettin desired results through clear, complete written communications. High effective in developing and improving usable writing skills.

Nomination forms will be forwarded to all services approximately one mont in advance of scheduled class, or nominations may be made in writing (b memorandum or letter) signed by the immediate supervisor and forwarded t Civilian Personnel Service, Bldg. 73B. The memorandum or letter must con tain the nominee(s) full name, grade/rank, social security number and dut telephone number.

For additional information contact Civilian Personnel Service, Extensio 2116.

Military health care system gets check-up, evaluation

A program to monitor the quality and direction of the military health care system has been established in the Office of the Assistant Secretary of Defense for Health Affairs.

The new Pentagon office will review DoD health care policies and study the performance of its health care programs.

Heading up the new Health Program Evaluation unit is Diane Bolay, formerly the assistant director at the Center for Health Policy Studies at the Georgetown University School of Medicine. Bolay has been engaged in the study and evaluation of health care programs and policies—both public and private—for the past 12 years and has experience in reviewing inpatient and outpatient systems.

She has been employed by the Public Health Service, the Social Security Administration, the Health Care Financing Administration (Medicare and Medicaid oversight), Johns Hopkins Medical Institutions and the Columbia Medical Plan, a private health care corporation.

Her main job, as she sees it, will be to "Help the Assistant Secretary in assuring that high quality health care is provided to all our beneficiaries."

Director Bolay assumed her new duties on June 1 and plans to visit various military medical outlets in the near future to familiarize herself with the current status of military and dependent health care.

'Twilight Tours' modified

Eligibility requirements for "twilight tours," which enable personnel completing 30 years service to request a specific area of their choice for their last tour, have been modified by a recent change to the transfer manual.

Twilight tours are available to all regular Navy enlisted personnel who are eligible for voluntary, non-disability retirement. Eligible members may request shore duty in a Continental U. S. (CONUS) location of their choice for the last two years of active service prior to retirement. They may then be reassigned to an activity within the geographic area of their choice, assuming that a billet exists in their rate. Detailers are allowed a difference of two paygrades between the applicant's paygrade and the billet requirement in making such an assignment.

Assignments to any overseas area may also be requested. However, for this type of assignment members will be required to serve the entire "accompanied" or "all others" tour length and must be able to complete the full tour by the end of 30 years active service. Retention beyond that point will be considered on a case by case basis.

Twilight tour requests should be submitted at least 28 months, but no more than 32 months, in advance of the requested effective date of retirement for assignment within CONUS. Overseas assignment requests should be submitted at least 40 months but no more than 44 months ahead.

Detailed information on twilight tours is available in Chapter 13 of the transfer manual and from local personnel/pass offices.

Spot drunk drivers

If you see a motorist at night turning wide or straddling a lane marker, there is a 65 percent chance that the driver is drunk.

This word of warning comes from people who should know—the National Highway Traffic Safety Administration (NHTSA).

NEA welcomes membershi

The Naval Employees' Association (headquartered at Alameda Naval Air Station) is a public relations/chamber of commerce type organization dedicated to work on behalf of all federal employees. NEA is not a union; neither does it infringe on union prerogatives. Its aim is to fight legislation that may erode present benefits, to publicize the dedication of federal employees, to keep current physical facilities intact, and to keep all levels of government aware that Bay Area installations are sorely needed in the overall national defense effort.

How does NEA work?

- NEA maintains contact with city, county, state and federal leaders to promote good will for all federal establishments, and through the use of favorable publicity, makes the facility's role in the field of national defense known and accepted.
- NEA maintains constant contact with congressional leaders to support favorable legislation, or to oppose unfavorable legislation that may affect you or your facility.
- NEA is affiliated with the National Council of Naval Air Stations and sends delegates to the national convention in Washington, D. C., to represent members' interests.
- NEA supports and participates in six local chambers of commerce (Alameda, Berkeley, Fremont, Hayward, Oakland and San Leandro).
- NEA representatives work in many endeavors in the various areas in which they live to achieve better and lasting public relations.
- NEA spearheaded the formation of the Northern Civilian Employees Council, encompassing most of the naval employees in the East Bay, and is active in that council.
- NEA provides members with low rates on life insurance, dental insurance and numerous discount programs.

Annual membership fee is presently $6. Those NRMC Oakland civilian employees who may be interested in joining should contact Anita Smith, t local NEA representatives, who employed in the Surgery Clinic.

Blind employee processes x-ray at medical cente

Mr. Sam Stallworth has been nam the Navy's nominee for "Outstandi Handicapped Federal Employee of t Year" for 1982. Mr. Stallworth, an ray film processor of the Radiolo Service at the Naval Aerospace a Regional Medical Center in Pensac has been blind since the age of 19 the result of glaucoma.

Stallworth has developed a de sensitive touch and acute heari which have enabled him to compe sate for his loss of sight. His uniq working style allows him to excel in work environment which demand adjustment by sighted technicians well.

Since joining the laboratory in 19 he has become a legend among superiors and co-workers for his ou standing work, his devotion to duty a his unfailing good humor. The quali and quantity of his work is unequalle When Stallworth is absent, two techn cians must be assigned to replace hi in the Lab. He can process up to 900 rays daily, 300 to 450 x-rays mo than most other Lab technicians, a his supervisors claim he hasn't mad an error in more than two years.

A supervisor at the medical cent describes Stallworth in this way. beloved employee who has, throug innate ability and sheer tenacity, prove that one of the greatest of all physica handicaps can be overcome. His out standing performance has opene closed minds and demonstrated th the blind can perform in many field once considered impossible."

Kudos . . . . . .



NEY-SAVER—Wendy Gross of e Legal Office recently earned a ivilian Special Achievement Award r saving the command nearly 3,000 through diligence in duties ncerned with the Medical Care covery Act.

Navy Commendation Medal

RMCS Winson R. Perkins, for duty th Naval Security Group Activity, ak, Alaska.

Letters of Commendation

CAPT Lowell Kallen, MC.

LCDR Kathleen Bonnet-Langston,

HM3 Charles McNally II, Medical Service.

LCDR John Bendele, NC.

Letter of Appreciation

LCDR Essie Rucker, NC.

Promotion

LTJG Sue Martin, NC.

Civilian Length of Service

35 years

Helen T. Cupper, Psychiatry Service.

30 years

Willie Cross, Housekeeping

25 Years

Julia Clouse, Branch Clinic, T.I.

Edna L. Hudson, Pediatric Service.

15 years

Joan M. Boltwood, Appointment Desk.

Susan M. Stark, Anesthesiology Service.

10 years

Rachel Sakalay, formerly of Laboratory Service.

5 years

Blanche Bingham, Clinical Investigation Center.

Douglas Coordes, Branch Clinic Mare Island Shipyard.

Richard Kempton, General Library.

Paulette M. Leafe, Nursing Service.

Yvonne Shelton, Nursing Service.

omings and Goings -------

"Fair winds and following seas" the following personnel who have ently departed this command:

HM3 Peter Taffe to NSHS San go.

CDR Marcia Wright to NRMC San go.

HN Richard L. Kline to 1st Mar. Div. FPAC, Camp Pendleton, Calif.

HM3 John E. McCord to 1st FSSG, FPAC, Camp Pendleton, Calif.

HN Guillermo Palacio to 1st Mar. Div. FPAC, Camp Pendleton, Calif.

HM2 Darryl D. Spurgeon, released m active duty.

HM3 Peter Neubauer to 1st Mar. Div. PAC, Camp Pendleton, Calif.

N Enrique Enriques to NSHS San go, Calif.

CDR Stephanie K. Brodine, Naval pital Okinawa.

T2 Gary P. Wheaton to USS HARD B. RUSSELL (SSN 687)

N Louis M. Tingen to Academy of lth Sciences, Fort Sam Houston,

CDR Guadelia Ebalo-Reyes to ch Clinic Pearl Harbor, Hi.

N Louis J. Welch to USS INCHON.

CDR John G. Bendele Jr. to USS ERPRISE (CVN 65)

T Johngy Czarnecki-Johnson, sed from active duty.

H2 Ronald Abad to USS DENVER.

A Charles B. Gordon to USS NEW GEY.

N Maurice Fletcher, released from e duty.

M3 Digna R. Riturban to Naval ool of Health Sciences, Fort Sam ston, Tex.

M3 Jeffrey Smith, released from e duty.

M1 Nelson Jenkins to Headquar- USMC, Washington, D. C.

APT Lowell Kallen to NRMC San o.

achel Sakalay, retired from civil ce.

• • •

Welcome aboard" to newly ed:

N Doreen K. Holcomb, OR School.

M2 Edward Wicker, Eye Clinic.

MC Howard E. Moore, Operating gement.

David J. Doucette, OB/Gyn.

NS Jean M. Hanley, Operating gement.

N Lisa Gayes, Surgery.

A Thomas Wright, Nursing Ser-

M3 Patricia Couch, PMT School.

HA Andrea Rice, Nursing Service.

CDR Steven Liston, Radiology Service.

CDR Roger Shaver, Pharmacy Service.

HM3 David M. Geernaert, Laboratory Service.

LCDR Henry Adams, Radiology Service.

LCDR Terry E. Burris, Ophthamology.

HM3 Joseph R. Beckham, PMT School.

HM3 Bertha L. Williams, PMT School.

HM2 Robert Gauner, PMT School.

HM3 Robert Gunter, Urology Service.

LT Michael Fogarty, OB/Gyn.

HM3 Thomas C. Whippen, PMT School.

HM2 Alan Unsicker, Operating Room.

HM3 J.A. Wallis, Operating Room.

HM2 John Carow, Eye Clinic.

HA Norman Furbush, Nursing Service.

HM3 Frederick Hansen, PMT School.

HM3 Stephanie Franklin, PMT School.

HM2 David Lee Knapp, PMT School.

HM3 Steven Shafer, Nursing Service.

HN Sandria J. Viney, OR School.

HM2 Arthur Austin, PMT School.

HM3 Linda Grosinski, PMT School.

HM1 Jimmie Wafts, PMT School.

HM2 Michael Graham, PMT School.

HM3 Kathleen Prouty, PMT School.

HM3 Melinda Pettijohn, PMT School.

HM1 James Tobin, PMT School.

HM2 Richard Rex, PMT School.

HM3 Harry Trout, PMT School.

HM2 Mark D. Norton, PMT School.

HM3 James F. Haun, PMT School.

HM2 Marc Tourville, PMT School.

HM3 Michele Brashier, PMT School.

HM3 Charles McNally, OR School.

LCDR Charles Hazlehurst, Psychology.

HN Nancy Estrada, ENT Clinic.

CDR Mark Davis, X-Ray.

LT James C. Wilson, Internal Medicine.

HM3 Victor Biskup, OR School.

CDR Martin Secker, ACDUTRA.

LT Kenneth Edberg, ACDUTRA., Optometry.

Ensign Anthony Quinn, Clinical Clerk.

Ensign Anthony Riley, Clinical Clerk.

MM1 Tibayan selected SOM

Machinist's Mate First Class Odelon M. Tibayan, Security Chief/Chief Master-At-Arms, has been selected as Sailor of the Month (for July) at Naval Regional Medical Center, Oakland.

Officials report that his every action in his assignment here for a year and a half, has been portrayed as reflecting a sincere willingness to assist, as well as enforce. "... liaison services with the federal court system and normal division functions have resulted in a marked increase of professionalism, devotion to duty, and positive attitudes by division personnel," read a citation.

Petty Officer Tibayan has nearly 18 years of service in the U. S. Navy, more than 14 of those years sea duty. He has served aboard a minesweeper and three aircraft carriers, including the USS TICONDEROGA (CVS-14), a carrier involved in the manned spacecraft recovery mission of Apollo 17. Shore billets have been in San Diego and at NAS Moffett Field, as well as NRMC Oakland. His awards include four Good Conducts, the National Defense Service Medal, Meritorious Unit Commendation, Vietnam Service, and Republic of Vietnam Medal.

A widower, Petty Officer Tibayan is the son of Silvestre and Margarita Tibayan of Amadeo, Cavitie, Philippines. After completion of public schools, he entered the Navy, and during his service career has received advanced training in career counseling, 20mm gun maintenance and operation, and duties of boiler technician and machinist's mate.



MM1 Odelon Tibayan

"It's a great feeling—I'm proud to be a Sailor of the Month at NRMCO," said the personable petty officer.

Pickel, Mayberry complete studies

Two students of Basic X-Ray School Class 82-005 graduated this morning in the Commanding Officer's office, with Rear Admiral Robert C. Elliott presenting certificates to Hospitalman Carl C. Mayberry and Hospital Corpsman Third Class Lawrence L. Pickel.

Pickel, the class honorman, will next be assigned to NRMC Jacksonville, Fla., while Mayberry joins the crew of the USS ARKANSAS (CGN-41), homeported at Norfolk, Va.

The new technicians spent five weeks of didactic and seven weeks of practical rotation in Radiology Service under close instruction of Hospital Corpsmen First Class Perry L. Lane and John R. Towle.

Medical Service Corps Lieutenant Commander M. A. Taylor is the school's director and Chief Hospital Corpsman A. A. Esporo, Jr., the senior instructor.

Saenz lauded

Hospital Corpsman Second Class Joel J. Saenz, assigned to the Urgent Care Clinic and Military Sick Call at Moffett Field Branch Clinic, was selected as that activity's Sailor of the Month (for June).

He was cited for dedication to duty, concern for shipmates, and provision of the highest quality of patient care to the ready forces.

Compton for Tansey

Captain William H. Compton relieved Captain Eugene A. Tansey as Commander, Navy Recruiting Area Eight in an Aug. 13 ceremony.

The headquarters, located on Treasure Island, encompasses recruiting responsibilities for 10 western states, Guam and the Philippines. It is geographically the largest recruiting area in the U. S. Navy.



WITH APPRECIATION—Commander Frank Fisher, former Director of Administrative Services, received a Navy Commendation Medal for his service to this command shortly before transfer to Naval School of Health Sciences in San Diego. Making the presentation was Rear Admiral Walter M. Lonergan, now retired.

1982-83 Medical Interns

Naval Regional Medical Center, Oakland



MICHAEL J. ALLSHOUSE
Philadelphia College of Osteopathic Medicine



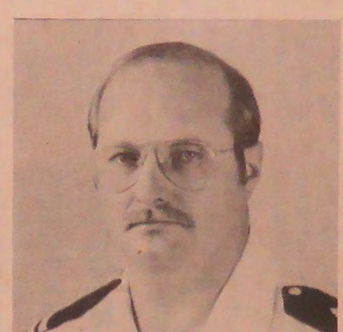
PATRICIA A. ASSAN
Uniformed Services University



JOSEPH A. BERMUDEZ
Washington University



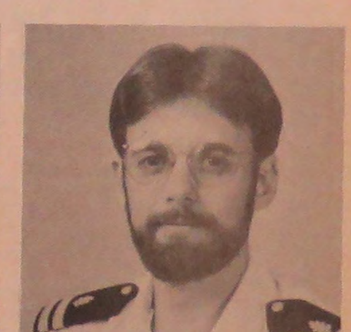
LOIS S. BRESAW
University of Iowa



THOMAS F. BRESAW
University of Iowa



WILLIAM R. BURGE
Duke University



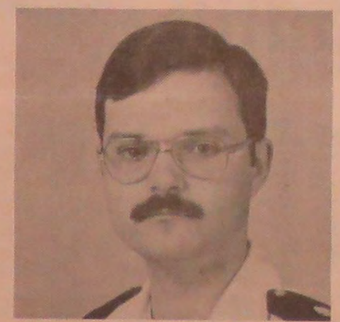
STEVEN M. CARLTON
University of Nevada



KAREN A. CHAPMAN
Uniformed Services University



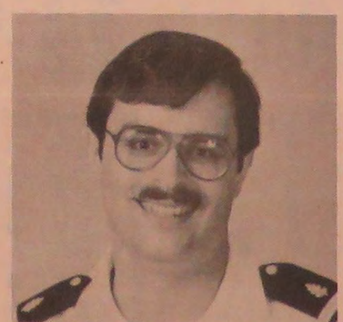
MELISSA K. COPELAND
St. Louis University



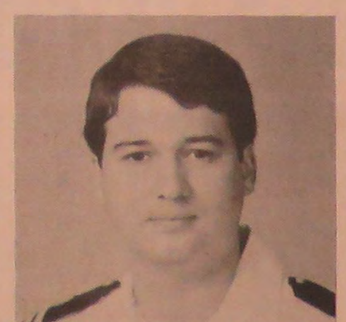
DAVID E. DAVIES
Albert Einstein College of Medicine



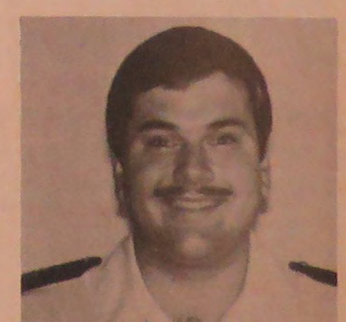
JACK C. DAVIS
Ohio State University



JAMES K. DeMARCO
St. Louis University



KENNETH G. DOBSON
Emory University



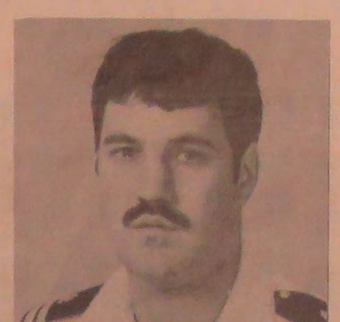
DAVID J. DOUCETTE
Loma Linda University



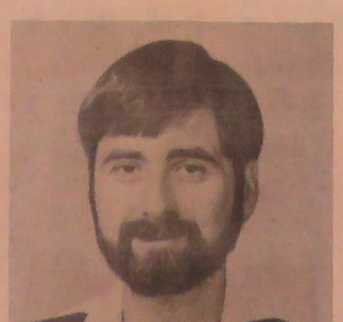
WAYNE L. EASTER
Vanderbilt University



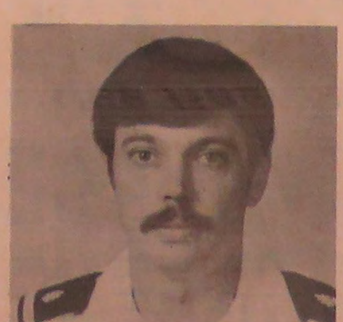
RICHARD C. EDWARDS
University of Oregon



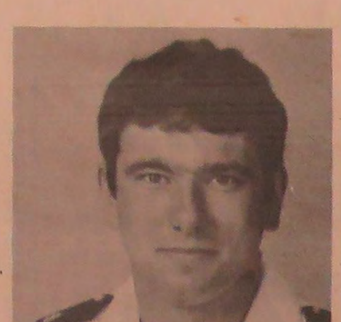
MICHAEL P. FORD
Medical College of Wisconsin



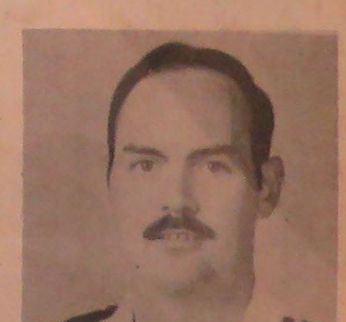
GARY R. HUDAK
George Washington University



JOHN G. HUDLER
University of Missouri-Columbia



RICHARD S. JANY
St. Louis University



KEVIN S. KENNEDY
Chicago College of Osteopathic Medicine



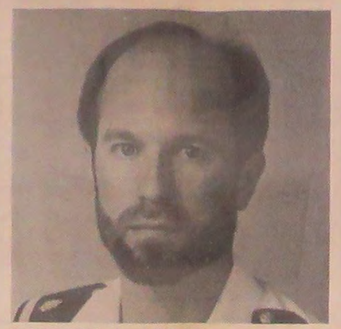
RICK A. KUKULKA
Ohio State University



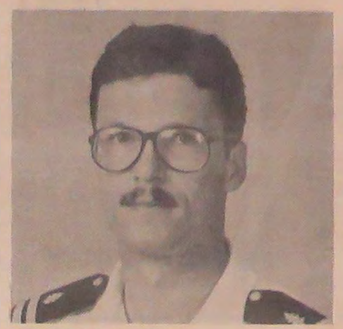
JO ANN LANDACRE
University of Arizona



FREDDYE M. LEMONS
Uniformed Services University



PATRICK A. LEONI
Creighton University



THOMAS F. LIEB
St. Louis University



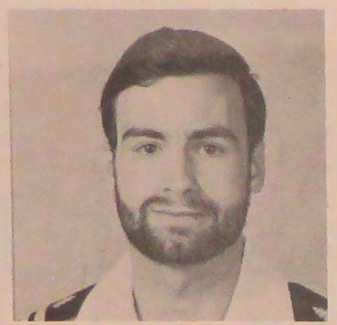
JOSEPH L. MOORE
University of Virginia



JONATHAN S. OLSHAKER
George Washington University



JOHN L. OLSON
University of Wisconsin



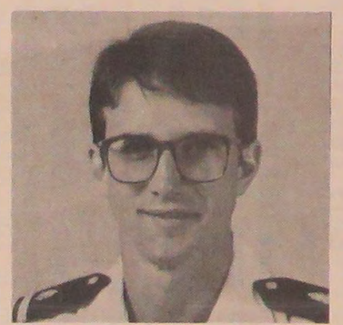
BRIAN J. PACIOUS
Georgetown University



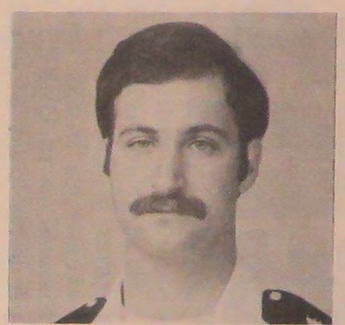
BASIL L. PUGH
West Virginia University



WILLIAM H. REED
Medical College of Wisconsin



THOMAS J. REILLY
Georgetown University



LAWRENCE H. ROBERTS
George Washington University



CARL E. STEELE
University of Kentucky

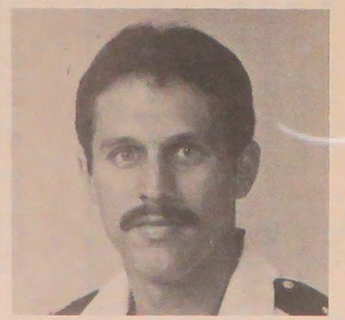


JOSEPH C. TORKILDSON
Medical College of Wisconsin

Dental General Practice Residents



STUART S. COBB
University of Iowa



ARTHUR J. FERRARIO
Louisiana State University



LARRY A. LENTINI
Temple University



JULIANNA NOVOTNY
Indiana University



KEVIN R. TANNER
University of the Pacific

Welcome aboard!

Last Phases In CONUS Under Way

DEERS Sign-Ups Continue

What's happening in the Defense Enrollment Eligibility Reporting System (DEERS)?

The last two phases of enrollment in the Continental United States (CONUS) are under way:

Phase XI—Washington, Idaho, Montana, North Dakota, South Dakota, Nebraska and Kansas— began in June and continues through August 1982.

Phase XII— Pennsylvania, New York (parts not covered in Phase IX), New Jersey, Delaware, West Virginia, Maryland, Washington, D.C., and northern Virginia (parts not covered in Phases I or IX)—began in May and continues through August 1982.

DEERS enrollment is scheduled for completion in CONUS by the end of September 1982. DoD is currently studying overseas requirements.

DEERS is a new automated system that was congressionally mandated and developed to improve medical care benefits for the approximately 9 million people within the military health care system. The system provides a rapid and reliable means of verifying eligibility for health care at military medical treatment facilities and through CHAMPUS.

The purpose of DEERS is not only to curb fraud and abuse of medical care, but to provide a means to protect and improve the planning and management of military health care benefits. Eventually, DEERS can be extended to the management of commissaries, exchanges, housing and food services.

DEERS enrollment began in the fall of 1979 and since that time more than 4.7 million sponsors and 3.8 million dependents have been enrolled.

Enrollment involves the collection of data on all eligible beneficiaries. Active duty military personnel and retirees entitled to retirement pay are automatically enrolled from existing personnel and finance records. Survivors, Medal of Honor Winners, 100 percent disabled veterans, foreign military sponsors, eligible civilians and former members (a Navy category), must enroll themselves in DEERS. Dependents must be enrolled by their sponsor or a survivor.

Once DEERS enrollment is completed at a military installation, hospitals, medical clinics, pharmacies and dental clinics begin DEERS eligibility checking by means of a computer terminal or telephone hook-up with the main DEERS data base.

If you are eligible for medical care and are found not to be enrolled, the medical facilities will not deny you treatment, but will assist you in becoming enrolled.

For further information or assistance regarding DEERS enrollment, contact a military installation personnel office.

DEERS IMPLEMENTATION SCHEDULE



NOVEMBER 1979 - MAY 1980	PHASE I
JUNE 1980 - DECEMBER 1980	PHASES II & III
OCTOBER 80 - JANUARY 1981	KEESLER AFB DEERS/TRIMIS
JANUARY 1981 - MAY 1981	PHASES IV & V
JUNE 1981 - SEPTEMBER 81	PHASE VI
SEPTEMBER 81 - DECEMBER 81	PHASE VII
OCTOBER 81 - JANUARY 1982	PHASE VIII
JANUARY 1982 - APRIL 1982	PHASE IX
FEBRUARY 1982 - MAY 1982	PHASE X
JUNE 1982 - SEPTEMBER 82	PHASE XI
MAY 1982 - SEPTEMBER 82	PHASE XII

DEERS



I WANT YOU TO ENROLL

FOR YOUR FAMILY'S PROTECTIO

DEERS: Looking For 'Missing' Beneficiaries

Since the Defense Enrollment Eligibility Reporting System (DEERS) is just about through enrolling eligible beneficiaries in the Continental United States, DoD is looking for those who may have been missed. These people are eligible for certain benefits and privileges, but for some reason their records are neither complete nor up-to-date.

Typical among "missing" beneficiaries are the following:

—Surviving widows and widowers and children under 21 years of age of a member of the Uniformed Services who died while on active duty or who was eligible for retired pay at time of death.

—Retirees who have waived pay and their dependents.

—Honorably discharged veterans who have been certified by the Veterans Administration as being 100 percent disabled for Service-connected reasons, and their dependents

If, for any reason, you are eligible to be enrolled in DEERS and are not, or you know someone who isn't, you, or they, can obtain further information on enrollment, and the documents needed, from the nearest military installation personnel office.

Minimum eligibility checking standards se

Current *minimum* eligibility chec ing requirements under the DEE program at all Navy Bureau of Medic and Surgery facilities are:

- Twenty-five percent of all outp tient visits.
- One hundred percent of all adm sions.
- Twenty-five percent of all den visits.
- Ten percent of all pharmacy o patients (to include all patients w civilian prescriptions).

Our patients write. . .

I recently needed assistance with a problem and went to the CHAMPUS Office at e Naval Regional Medical Center where I was most impressed with the very cour- ous and efficient staff, including Mrs. Grace Mitchell, Mrs. Millie Lumley and Mr. bert Valentine.

While I observed the quiet, sincere efficiency of the entire staff, my business con- ted of several interviews with Mr. Robert Valentine, and I cannot express my preciation enough for the painstaking and very helpful advice offered by this effi- nt gentleman. He went out of his way to be helpful, and because he obviously is a ry well informed member of the CHAMPUS Staff, I left feeling I had received the st advice and assistance that could be offered.

(Mrs.) Kathleen W. Stevens

• • •

The purpose of this letter is to express my appreciation for the medical care that I eived while I was hospitalized June 16-19.

The professionalism and surgical skill exhibited by, and the treatment I received m Dr. Hyder, assisted by Dr. Pierdinock and other doctors working under Dr. Reilly on his surgical Gold Team, were commendable. Also, the care I received on rgery Ward 6 West and in the operating room by the nurses and other staff was of e highest order.

Please express my appreciation to the personnel concerned.

Norton J. Arst CAPT USN (RET)

• • •

I want to take this opportunity to thank the team of doctors and nurses of the Car- ac Care Unit, especially Drs. Gulickson and Flick. Their kind treatment of mother nnie R. Stamm, and the skilled medical care she received was unsurpassed. I could t have asked for more.

Betty Stamm White

• • •

I would like to express my appreciation to Dr. Kukulka, the black corpsman, and nurse who took care of me on July 11 in the E.R.

Romeio A. Esparrago PNC, USN (RET)

dditional medical facilities pened to CHAMPUS users

Military members, their families, and tirees in 10 cities no longer must use HAMPUS for non-emergency inpa- nt medical health care. Ten former S. Public Health Service hospitals or nics have been designated as iformed services medical facilities.

Department of Defense Health ficials explained that use of the ilities is the same as using Army, vy or Air Force hospitals or clinics. der this direct-care system the only st to the user would be $6.30 per v for inpatient care. There is no arge for outpatient care. The mainder of the cost will be paid by e military services.

The former U. S. Public Health Ser- e hospitals or clinics are located in as with a concentration of military ive-duty members, dependents and tirees. DoD health officials said neficiaries must normally use one of e facilities if they live within a 40- le radius of that facility.

The hospitals and locations are:

—Wyman Park Health System, Baltimore.

—Brighton Marine Public Health Center, Boston.

—Hospital of St. John, Nassau Bay, Tex.

—Seattle Public Health Hospital.

—Bayley Seton Hospital, Staten Island, N. Y.

Outpatient Clinics are:

—Lutheran Medical Center, Cleve- land.

—St. Mary's Hospital, Galveston, Tex.

—St. Joseph Ambulatory Care Center, Houston.

—Family Practice Center of Port Arthur, Tex.

—Coastal Health Services, Portland, Maine.

For additional information, contact the health benefits advisor at one of these facilities.

ook-alike' drug abuse spreading

The use of counterfeit or "look- ke" drug is a peculiar form of drug use which is sweeping the country, cording to the U. S. Department of ustice's Drug Enforcement dministration.

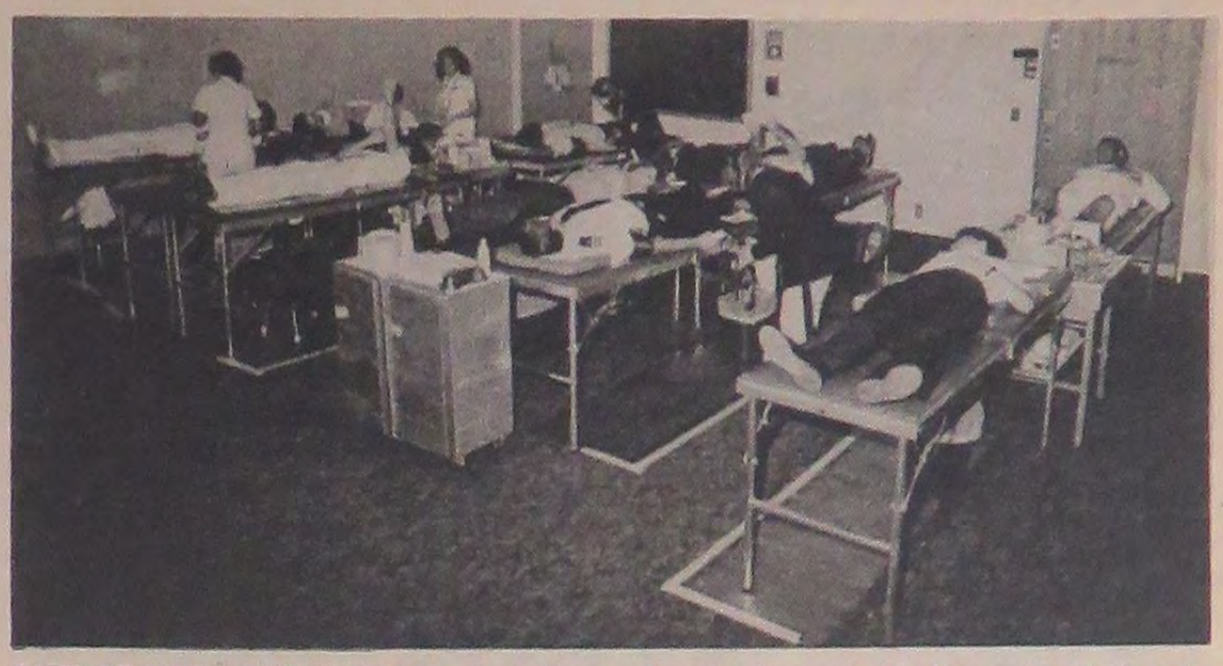
Look-alikes are carefully designed to semble prescription drugs, such as mphetamines, barbiturates, tran- ilizers and narcotic pain killers which e sold, in many cases, illegally on the reet. They are known by the same mes as their dangerous counter- arts: Black Beauties, Dexies, Yellows, hristmas Trees and Rainbows. But ok-alikes contain only substances ch as caffeine, ephedrine, henylpropanolamine, acetad- inophen and other over-the-counter on-prescription drugs.

The public health dangers of look- likes have become apparent. The user ho thinks he has been purchasing speed" (an amphetamine, such as exedrine) or "ludes" (methaqualone) nd has become used to taking several ook-alike capsules or tablets at a time in order to "get the full effect" runs the risk of serious overdoses or death if one day he ingests the same number of the "real thing."

Also, the look-alikes themselves can have serious effects. The number of emergency room incidents attributable to these drugs has risen dramatically in the past year and more than a dozen deaths caused by look-alikes have been reported.

These drugs not only cause prob- lems for those who take them, they are causing serious problems for state and federal officials and medical personnel. Since the pushers are not selling a con- trolled substance, legal authorities are almost powerless. Also, overdoses of look-alikes are difficult to treat since the actual substance ingested may not be known.

If it is suspected that such a subs- tance (look-alike or other unknown drug) has been taken, contact a physi- cian immediately and try to obtain a capsule (or tablet) of the drug so that it can be identified.



GIFT OF LIFE—NRMC Oakland staff members roll up their sleeves and donate blood during a recent drive. The next collection by Irwin Memorial Blood Bank is scheduled for Sept. 8. Blood donations from both military and civilian donors will be taken from 7 a.m. to 3 p.m. on 5 East. Each department or service at Oak Knoll has designated a keyperson who will contact prospective donors and make appointments. Any questions on the drive should be directed to LTJG Debbie Prekker, or a member of the Blood Bank staff, at Ext. 2329.

High incidence of measles in California's lower half

According to a recent report published by the U. S. Department of Health and Human Services, a total of 895 measles cases were reported in the U. S. during the first 26 weeks of 1982, a record low for the first six months of any year and a decrease of 60.6 percent from the 2,270 cases reported during the same period last year.

The news is not all good for this area, however. California (central and southern) is one of the few states which continue to have a high incidence of measles, and some have been reported locally in Alameda County.

Captain Harold Koenig, Chief of Pediatric Service, highly recommends that children 15 months of age or older receive immunization against this disease.

Parents may make appointments for their children's immunization by calling the Pediatric Clinic, 639-2374.

'Leaflets three . . . let it be!'

The best way to avoid the irritation and pain of poison ivy is not to touch it, breath it, or, for some extremely sensitive persons, to get within a mile of it.

Learning to identify the three-pronged leaf of the poison ivy plant is the best advice for anyone who might be in an area where it's growing.

But if prevention through detection fails and "it" gets on your skin, hair and clothes, the answer is: scrub it off—fast.

The National Institute of Health advises you to change your clothes and wash thoroughly as soon as possible. That way you can get rid of the sap that causes the reaction before it comes in contact with your skin or has time to spread.

Four to 48 hours after you've been in contact with one of these plants, you could see some symptoms. At first, the area which has touched the plant becomes red, and then bumps and blisters appear with itching and possible swelling. After reaching its peak in several days, the oozing area begins to crust over and disappear. Extremely sensitive persons exposed to poison ivy over large areas of the body can become seriously ill.

To treat the inflammation while it is oozing, apply cold compresses of water, boric acid, or liquid aluminum acetate. Calamine lotion is a good drying agent and helps relieve itching.

For severe cases consult a physician who may prescribe drugs to reduce itching and inflammation.

When getting rid of poison ivy plants, don't burn them. Smoke can spread the sap, causing severe reactions. Also, wash clothing that has touched poison ivy. Poisoning may occur if contaminated clothing is worn a year after contact with the plant.

New CNO reaffirms anti-drug program

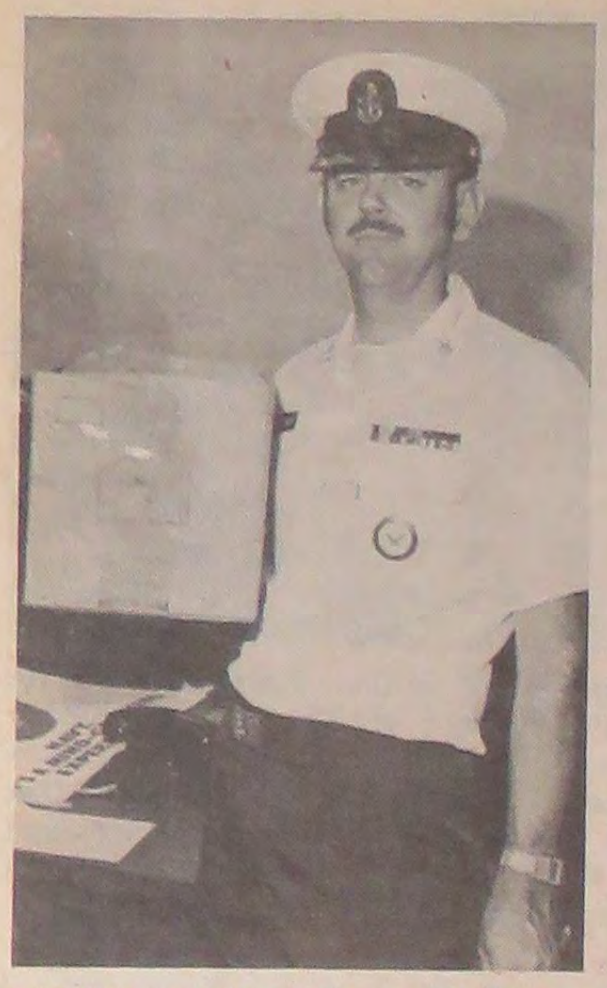
Admiral James D. Watkins, Chief of Naval Operations, stated recently that the continuation of the Navy's "War on Drugs" was one of his top priorities. The CNO emphasized the potential threat posed by drug abuse to Navy manpower readiness, calling it a paramount concern to all hands.

The Navy's program to counter drug abuse combines strengthened actions in the areas of preventive education and training, aggressive detection and deterrence, expanded assessment and evaluation and improved treatment and rehabilitation for those with potential for continued useful service.

ADM Watkins acknowledged that leadership and peer pressure were key to success of the Navy program, saying, "We'll get to the point where peer pressure is going to be on the other side, saying, 'hey, buddy, get off those drugs. You're hurting my command and my ship and I don't like it.'"

The CNO applauded the enthusiastic support already given the program, and stressed the requirement for full support by the chain of command.





CAREER COUNSELOR MOVES—HMC Gary L. Soileau, Command Career Counselor, moves his reference materials from a former office on the third deck of the hospital to new quarters in Bldg. 105 with the Personnel Support Detachment. His new telephone numbers are 2027/2394.

'Free' trip con artists at work

Have you been offered a free vacation lately? If so, the chances are you have come in contact with a new scheme for separating people from their earnings.

A common offer involves a "free" weekend in Las Vegas complete with hotel room, meals, entertainment, and even gambling specials. Sound too good to be true? It probably is.

Check it out first—Where is the hotel? Will it really exchange a room for the certificate you have been offered? Where and when can you eat your "free meals"?

What's the catch?—Often it's having to first sit through a high pressure sales presentation for real estate or some product or service you probably don't need.

If you get a phone call or letter offering one of these "great deals," be suspicious. Ask specific questions. Request a brochure about the hotel and references on the company making the offer.

Above all, don't sign or agree to anything—especially when it involves your money—until you have all the facts.

BIRTHS

The following new additions to the Navy medical "family" have arrived at Naval Regional Medical Center, Oakland:

A baby boy to Hospitalman Christine A. Cunniffe, Operating Management, and her husband Michael, Aug. 3.

A baby girl to Hospital Corpsman Third Class Ronald J. Mays, X-Ray, and his wife Mayumi, Aug. 3.

• • •

Correction

In the Aug. 6 issue of *Oak Leaf,* Lieutenant Michael Ambrose was erroneously identified as an intern. He is, instead, on the medical staff assigned to the Emergency Room. We regret the error and once again offer congratulations to Dr. Ambrose and his wife Rosanne on the birth of their daughter July 20.

AVCM Sanders

New MCPON selected

Master Chief Avionics Technician Billy C. Sanders, Naval Education and Training Program Development Center, Pensacola, Fla., was chosen as the next Master Chief Petty Officer of the Navy, replacing MCPON Thomas S. Crow, who will retire Nov. 1.

In making the announcement, ADM James D. Watkins, Chief of Naval Operations, described all candidates as "the best the Navy has to offer," and told the audience that his decision "was a very difficult one."

Citing the newly instituted Chief Petty Officer indoctrination course, the CPO Academy and the new Third Class Petty Officer indoctrination as examples, ADM Watkins spoke of the increasingly responsible position of Senior Petty Officers in the Navy. "We are seeing the final moves toward cementing the Chief's hat to its rightful place in the Navy leadership pedestal," he said.

Master Chief Sanders was chosen from a group of four finalists for the position, which, in addition to himself, included MMCM (SS) Norman D. Garoutte, Commander Submarine Force U. S. Atlantic Fleet staff; NCCM Courtland R. Johnson, Commander Patrol Wings Pacific staff; and HMCM William J. O'Daniel, Commander in Chief U. S. Pacific Fleet staff. The finalists and their wives were invited to Washington for interviews with the CNO prior to the selection announcement.

The MCPON is the principal enlisted assistant to the Chief of Naval Personnel and the Senior Enlisted Advisor to the Chief of Naval Operations. The job includes accompanying the CNO on visits to naval installations; assisting commands, bureaus and other offices of the Navy Department in matters pertaining to enlisted personnel; representing the Chief of Naval Personnel on various boards and at symposia concerned with career motivation; participating as a guest and speaker at various civic and Navy affiliated functions; and acting as a focal point for a wide range of correspondence concerning enlisted personnel matters.

AVCM Sanders is a 24-year veteran of naval service. He initially began his military career in the U. S. Air Force in February 1954. Upon his discharge from active duty, he joined the Air Force Reserve in October 1957, transferring to Alabama Air National Guard in February 1958. Master Chief Sanders enlisted in the U. S. Navy May 9, 1958 and reported to Naval Air Technical Training Center, Norman, Okla.; for naval indoctrination.

AVCM Sanders has received numerous awards during his military service, including the Air Medal, Naval Achievement Medal, Combat Action Medal, Air Force Good Conduct Medal and Navy Good Conduct Medal (Fifth Award).

Past commands have included Heavy Attack Squadron 13, NAS Whidbey Island, Wash.; Naval Air Maintenance Training Detachment (NAMTD) 1099, NAS Key West, Fla., Reconnaissance and Maintenance Squadron One, NAS Atsugi, Japan; NAMTD 1002, NAS Key West, FLa.; Fighter Squadron 151, Yokosuka, Japan; NAS Pensacola, Fla.; and NAF Lajes Field, Azores.

New uniform patches approved



Airman Fireman Seama

Three new uniform patches have been approved for E-1s through E-3s wh apprentice training graduates. Graduates who do not go on to an "A" schoo have the option to wear either the seaman, fireman or airman insignia, whiche appropriate.

The patches should be worn centered, immediately above grade designatio the left sleeve of service dress blue uniform, blue and white jumpers. E-1 s wear the patches, even though no grade designation is worn. The patches shou removed when an individual becomes a designated striker or when promoted to class petty officer.

According to the Navy Uniform Board, the patches may be worn as of Ja 1983. The patches are available now at Navy Exchange Uniform Centers. (NE

Female military on the rise

The number of female veterans has increased significantly during the past 11 years according to a report prepared by the Veterans Administration. The male veteran population is declining.

The report is the first in a new series of brief studies being prepared by the VA's Office of Reports and Statistics in Washington.

Veterans Administration Chief Robert P. Nimmo said these studies are essential in order for the agency to address the needs of all veterans.

"Effective management of the wide range of VA programs is greatly enhanced when a detailed profile of the veteran population is available," Nimmo said.

According to the study, the number of women on active military duty is also on the rise, indicating a continued increase in the number of female veterans in the coming years.

Women veterans totaled 742,000 on Sept. 30, 1981, or 2.5 percent of all living veterans. In the past five years the number of female veterans has increased by 26 percent. This large increase, since the mid-1970s, becomes even more apparent when comparisons are made with the number of male veterans. The ratio of male veterans to female veterans stood at just over 50 to 1 during the first half of the 1970s, but dropped to 39.5 to 1 by the end of September 1981.

Other findings:

AGE—The median age of female veterans exceeded that of their male counterparts each year until 1979, after which their relative age pattern has been reversed. The age structures of these two groups is expected to become more and more divergent during the next few years. As of September 1981, the median age for fe veterans was 46.2 years compare 50.3 years for male veterans.

PERIOD OF MILITARY SERVIC The distribution of female veteran period of military service was f similar to that of males at the en 1981. The major difference, and one which largely explains variances in the overall age struct of these two subgroups, is that a m greater proportion of women, 17 cent, than of men, 4 percent, served in the armed forces during post-Vietnam era only.

EXPECTATIONS FOR T FUTURE—The number of women the armed forces will most likely c tinue to grow by significant numt while the female veteran populatio expected to maintain a course steady growth in future years.

The study points out that as number of female veterans grows increasingly vital aspect of the V mission will be the special conside tion given to the problems of fem veterans with respect to t administration of various types veterans' programs such as medi care, counseling, loan guaranty a education.

Copies of "The Female Vete Population: An Overview of Its Grov in the Last Decade" are available fr upon request and while the sup lasts, from the Office of Reports a Statistics (711), Veterans Administ tion, Central Office, 810 Vermo Avenue, N.W., Washington, D. 20420.

For additional information concer ing the study contact: Mark Russell (202) 389-2625 at the VA's Cent Office.

Sky no limit for space command

With an eye on the 21st century, the Air Force has announced the formation of the Space Command, to become active Sept. 1.

Making the announcement at a news conference recently, General Lew Allen, Air Force Chief of Staff, said, "Creation of Space Command will further consolidate USAF operational space activities (and) provide a link between the space related research and development process and operational users." Space activities referred to by Gen. Allen include "... surveillance, early warning, communications and meteorological functions." Participation in space shuttle operations also was indicated.

General Allen said he believed the Space Command would develop into a unified command, depending on the needs and interests of the other services, "... within a year or thereabouts."

The first commander of the Space Command will be General Jim Hartinger, Commander in Chief, Nor American Aerospace Defense Cor mand and Commander in Chief, Aer space Defense Command.

Headquarters of the new comma will be in Colorado Springs and initial will be built around the existing A space Defense Center staff there.

Alameda-based ship aids injured crewman

The combat stores ship USS NIAGARA FALLS (AFS 3) responded t a distress signal from the supertanke "BRITISH PRIDE" in the Arabian Se July 23, successfully air-lifting an injured crewman from the vessel to Masirah Island, Oman.

The MEDEVAC was made by a CH-46 SEA KNIGHT from Helicopter Combat Support Squadron Three, Detachment 106, with NIAGARA FALLS medical personnel onboard.

More scenes from recent change of command













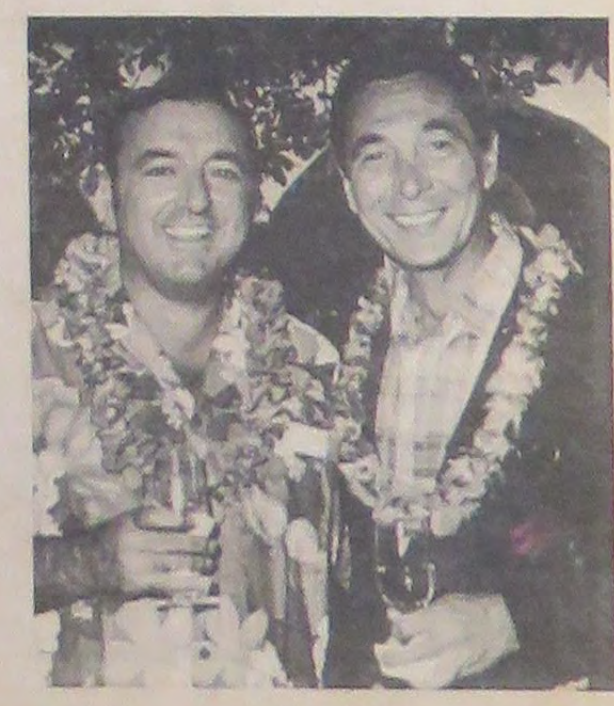












Mark Trail's OUTDOOR TIPS

BOATING SAFETY SERIES

WHEN APPROACHING ANOTHER VESSEL, DON'T WAIT UNTIL THE LAST MINUTE TO ALTER YOUR COURSE...ALSO DON'T ALTER COURSE GRADUALLY, BUT MAKE A NOTICEABLE CHANGE SO THAT THE OTHER PILOT WILL KNOW YOUR INTENTIONS



Early in tryout for Navy soccer

Hospital Apprentice Patrick Early of Laboratory Services is at the U. S. Naval Academy, Annapolis, Md., participating in Aug. 9-Sept. 18 sports trials and training in soccer.

Early was among those tapped for possible selection to the team that will represent the U. S. Navy in the 1982 Interservice Men's Soccer Championship games to take place Sept. 19-25.

Classifieds

VAN POOL

From Tracy to NRMC Oakland via Bayfair BART. $63-84 per month, depending upon number of riders. Call Robert Thompson, Supply, Ext. 2005, or 861-POOL.

FOR SALE

Antique bedroom set, oak, painted white. One twin bed, mattress, box springs, dresser with beveled mirror, bowed front chest—$350 takes all. Also, a full-size mattress and box spring set, good condition, $90. Call Marge, 639-2271.

• • •

Kenmore washer and dryer, 2 years old. Excellent (like new) condition. $425 for both. Janet Wilson, 639-2524, 8 a.m. to 4 p.m.

• • •

1979 Ford Turbo Mustang, 4 cyl. Contact Dr. Amundson, Ext. 2277.

U. S. Government Printing Office
1979-33235-689-150/10

'Surf's Up!'

Enjoy surfing? There may be surfable waves nearer this duty station than you thought. According to *Off Duty* magazine, many servicemembers stationed in California have excellent surfing at their front door—good places abound.

Especially recommended, however, are areas around: Santa Cruz, the Monterey Peninsula, Cuyucos, Santa Barbara (Rincon Point), throughout the L. A. area (especially Malibu) and all the way south to San Diego.

It's not too late for 'Presidio 10'

Late entrants will still be accepted by The Guardsmen for the second annual Presidio 10 race, a run around the Presidio of San Francisco, the bay front and across the Golden Gate Bridge on Aug. 29, beginning at 9 a.m.

This race has been selected by the Road Runners Club of America as the California State and Western U. S. Regional 10 Mile Championship. In addition, it is a military championship.

The scenic course is said to be a runner's dream.

Late entry fee is $7.50 and a limited number of entry forms are still available beneath the bulletin board at the entrance to the **Oak Leaf** office.

The race, managed by the Guardsmen, is a fundraiser to send Bay Area underprivileged kids to summer camp.

Benefit party slated

The Third Annual Benefit Wine Tasting Party for Community Resources for Independent Living (CRIL) will be held Saturday, Aug. 28, 4-7 p.m. at the Campus Ministry Center, 25580 Campus Drive, Hayward.

The $7.50 ticket donation is to benefit programs for the disabled. A special added attraction will be a photographic art display at Charlotte Cordes-Hayashi.

For more information call 881-5743, a number also equipped for use by the deaf.

'Long' ball hitters

In May 1982, two 82nd Airborne Division teams played softball continuously for 100 hours and 5 minutes (four and a sixth days), shattering an existing world record of 91 hours and 3 minutes.

What do you know about Medicare?

Medicare is a federal health insurance program available to

- anyone 65 or over who is eligible for social security benefits, even if the person is still working;
- a person 65 or over who does not have enough social security credits, but is willing to pay for the insurance; or
- anyone at the any age who has been on social security disability payments for 24 months or who needs kidney dialysis or a kidney transplant.

Medicare has two parts: hospital insurance and medical insurance. The Social Security Administration publishes a pamphlet that describes both parts of the program, available benefits, what is *not* covered, and the requirements for participation in the program.

For a free copy of "A Brief Explanation of Medicare," send a postcard with your name and address to the Consumer Information Center, Dept. 539, Pueblo, Colo. 81009.

MOVIES

Friday, Aug. 20, 6:30 p.m.—WAR OF THE WORLDS—Gene Barry, Ann Rob son—Sci.-Fi/G

Saturday, Aug. 21, 1 p.m.—TALES OF WASHINGTON IRVING—Animated pl short subjects—Classic/G

Saturday, Aug. 21, 6:30 p.m.—SCANNERS—Patrick McGoohan, Jeni O'Neill—Horror/R

Sunday, Aug. 22, 6:30 p.m.—ALLIGATOR—Robert Forster, Robin Riker—Horr R

Monday, Aug. 23, 6:30 p.m.—THE COMPETITION—Richard Dreyfuss, Amy I ing—Drama/PG

Tuesday, Aug. 24, 6:30 p.m.—A STANGER IS WATCHING—Kate Mulgrew, F Torn—Thriller/R

Wednesday, Aug. 25, 6:30 p.m.—GHOSTKEEPER—Riva Spier, Murray Orc Horror, R

Thursday, Aug. 26, 6:30 p.m.—BUTTERFLY—Stacy Keach, Pia Zadora—Dram R

Friday, Aug. 27, 6:30 p.m.—THIS IS ELVIS—Elvis Presley, David Scott—Biogr phy/PG

Saturday, Aug. 28, 1 p.m.—TREASURE ISLAND—Animated Plus Short Cartoon G

Saturday, Aug. 28, 6:30 p.m.—THE EARTHLING—William Holden, Ric Schroder—Adventure/PG

Sunday, Aug. 29, 6:30 p.m.—FALLING IN LOVE AGAIN—Elliot Gould, Susanna York—Comedy Drama/PG

Monday, Aug. 30, 6:30 p.m.—ONE TRICK PONY—Paul Simon, Blair Brown Drama/R

Tuesday, Aug. 31, 6:30 p.m.—DEATH WISH II—Charles Bronson, Jill Ireland Action/R

Wednesday, Sept. 1, 6:30 p.m.—LIFE PRO—Joe Penny, Jordan Michaels—S Fi/R

Thursday, Sept. 2, 6:30 p.m.—SHOOT THE MOON—Albert Finney, Dia Keaton—Drama/R

Standards tightened for HH goods moves

Carriers of household and personal goods belonging to military members must now "measure up" to standards of loss and damage, and on-time pickup and delivery.

The standards are part of a carrier evaluation and reporting system begun May 1 and administered by the Military Traffic Management Command. MTMC annually monitors more than 200,000 domestic shipments transported by 1,500 Department of Defense approved carriers.

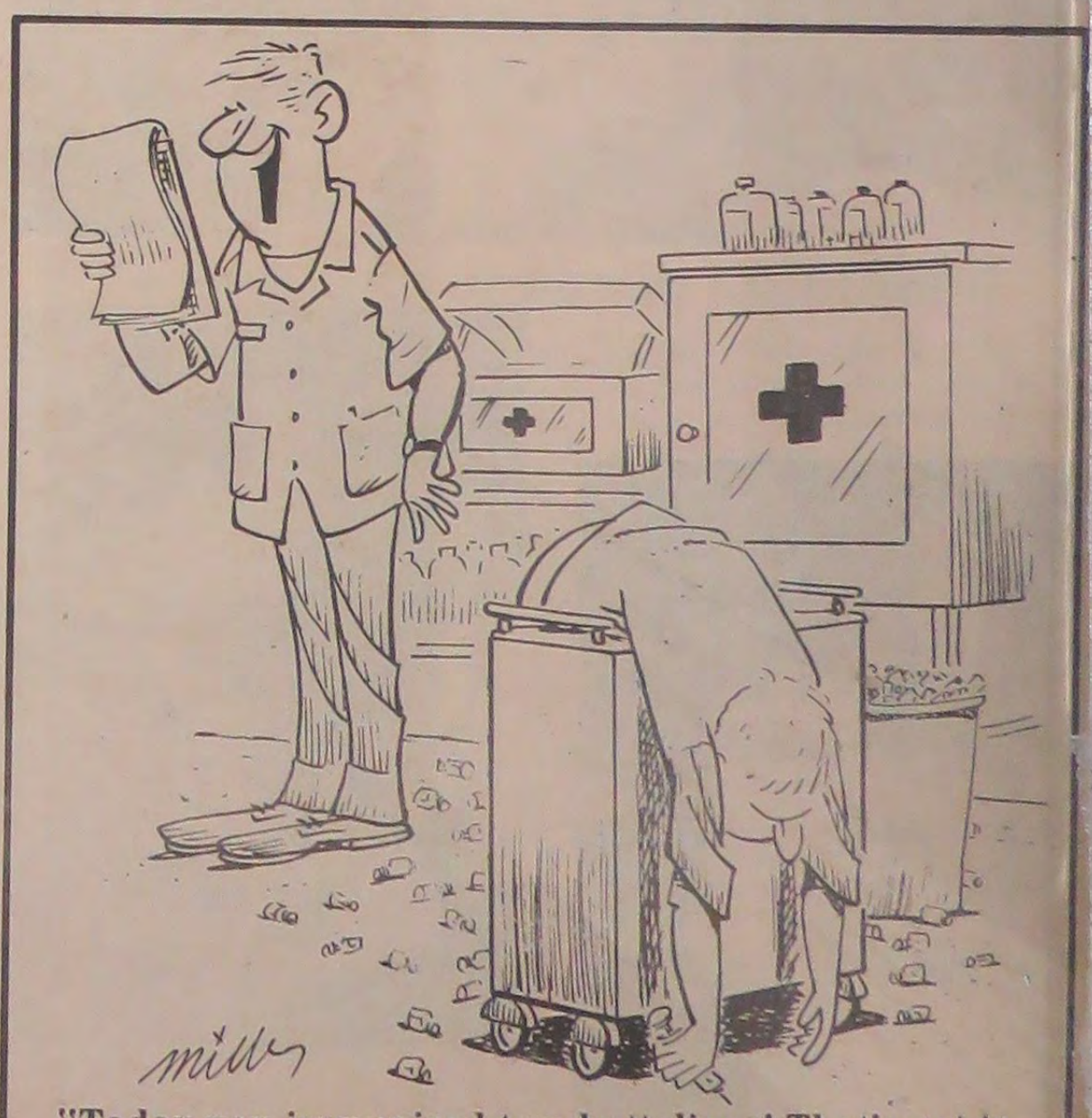
MTMC officials say the former three-tier rating levels of "superior," "excellent," and "standard," are no longer being used. Scoring of the carriers under the new system is based on the three elements considered most important by service members. Those are on-time pickup, on-time delivery and incidence of loss or damage.

A perfect score is 33.33 points of each of the three elements. A score of 85 or higher, based on a 100 point scale, must be maintained if carriers wish to remain eligible to carry DoD shipments. Carriers failing to meet o exceed the minimum score of 85 w be denied DoD traffic for 60 day beginning the next rating cycle. Installation transportation officers score th carriers.

This is the first time the DoD has had specific performance standards t measure both on-time pickup an delivery and loss or damage. The cos of personal stateside property ship ments for FY 1981 was $218 million.

The new system is more steamline and reduces the administrativ workload for transportation officers, according to MTMC, and provides a meaningful evaluation of carrier performance.

According to MGEN John D. Bruen, Commander Military Traffic Management Command, "by comparing the levels of service on a regional, state or national level, we are in the best position to evaluate each carrier's overall performance and help them improve the quality of service."



"Today you immunized two battalions! That's got to be some kind of record!"

THE OAK LEAF

Vol. 44, No. 17 | Naval Regional Medical Center, Oakland, California | Friday, September 3, 1982

Computer interpretations

Telephone lines to transmit electrocardiograms under CAPOC system installed here this month

By LT Alan Kay
Management Information Service

The Computer Assisted Practice of ardiology (CAPOC), a Tri-Service edical Information System (TRIMIS), scheduled for installation this month t Naval Regional Medical Center, Oakand.

This system will permit transmission f electrocardiograms (ECGs) over tandard telephone lines to allow staff embers at remote facilities rapid conultation with cardiologists at the core ospital. CAPOC will also assist heart pecialists and other medical personnel providing computer interpretations ECGs.

ECG carts capable of computer ansmissions from Naval Hospital moore and the medical region's anch clinics at Moffet, Concord, are Island, Treasure Island, Alameda, val Supply Center and Fallon will all linked into a minicomputer in the RMC Oakland Cardiology Branch rough the Regional Computer Center r the CAPOC system at Letterman my Medical Center in San Francisco.

In previous practice, ECGs were sent NRMC Oakland via couriers and ard mail. Under the new system they ll be telecommunicated within nutes to the specialized minicomter printer in Cardiology. This equipnt will reproduce the exact ECG tracing along with the selected patient information and provide a preliminary computer interpretation of the electrocardiogram.

Computer printers at remote sites originating the transmission will also receive the preliminary computer interpretation within minutes—usually before the outpatient leaves the clinic. (As a diagnostic tool for reading normal ECG tracings, computer interpretations have been found to be extremely accurate.)

In case of abnormal ECGs, the rapid computer interpretation is also helpful, but the real payoff for a remote medical treatment facility is the reproduction of the abnormal ECG on the minicomputer printer at Oak Knoll. When necessary, a cardiologist here can provide a *"stat"* interpretation and consultation within minutes after the ECG is taken, rather than hours or days later. This capability results not only in a savings of expensive local consultations for interpretation, but also a possibly critical improvement in the speed and course of treatment provided the patient.

Other benefits of the CAPOC System will include increased availability of previous ECGs for comparison with those just taken, improved technical quality of tracings, increased legibility and consistency of reports, fewer lost tracings, and a management information and research data base on ECG interpretations.



PPY DAYS—Edzel Bunag, 10, and Christopher Bonnevie, 6, long time ients of the Pediatrics Clinic, were guests of honor at a surprise party given the clinic staff on Aug. 19. Edzel, a Navy dependent, and Christopher, an ny member's son, are both in remission from leukemia. They come to the dical center monthly so that their progress may be monitored and have ortedly become fast friends. The idea for the celebration party was conved by Mrs. Lenore Brady, the clinic's charge nurse.

TRIPHARM operational in Oct.

The Pharmacy Service at Naval Regional Medical Center Oakland and branch clinics located at Alameda, Mare Island, Moffett Field and Treasure Island, will begin using computerized management in October.

Known as TRIPHARM, it is one of several Tri-Service Medical Information Systems.

A Pharmacy officer said the new system "will allow us to more efficiently fill prescriptions and enhance our ability to monitor drug therapy for possible drug interactions, reactions and overlaps."

In order to fill prescriptions under this new method, he explained, the Pharmacy must first have sponsors and their eligible family members registered into a data base. Pre-registration is urged to prevent undue delay in filling prescriptions when they are needed.

Health care beneficiaries need to fill out a Pharmacy Registration Form (illustrated with this article) only one time for the information to be available at any of the pharmacies listed above. All information on the form is protected under the Privacy Act of 1974.

Forms and further information may be obtained at the Pharmacy window on the first deck of the main hospital.

NRMCO 6740/67 (6-82)

PHARMACY REGISTRATION FORM

The Pharmacy Service at NRMC Oakland will be using a computer system to assist in filling all prescriptions. In order to prepare for the system, it is necessary to register patients into the system by collecting the following information. Pre-registration of you and your dependents is voluntary and will help make this transition as smooth as possible as well as prevent future delays. Please take a few minutes to complete this form and return it to the Pharmacy. The data collected will be protected according to the Privacy Act of 1974.

SPONSOR INFORMATION (Please print all information)

SPONSOR'S Name (Last) (First) (Init)

SPONSOR'S Social Security Number ___ - ___ - ____

SPONSOR'S Sex: ☐ Male ☐ Female | SPONSOR'S Date of Birth: ___ Mo ___ Da ___ Yr | SPONSOR'S Pay Grade: ___ (i.e. E1-E9,O1-O9 or W1-W4) Specify: ____

SPONSOR'S Status: ☐ Active Duty ☐ Retired ☐ Deceased Other ____

SPONSOR'S Branch of Service: ☐ Air Force(AF) ☐ Army(A) ☐ Marine Corps(MC) ☐ Navy(N) Other ____

SPONSOR'S Duty Station: Unit ____
City ____ State ___ Zip ____
Telephone ___ - ___ - ____

SPONSOR'S Home Address: Street ____
City ____ State ___ Zip ____
Telephone ___ - ___ - ____

SPONSOR'S confirmed drug allergies: (Check all that apply) ☐ Penicillin(1) ☐ Sulfa(2) ☐ Codeine(3) ☐ Aspirin(4) ☐ Tetracycline(5)

(OVER)

DEPENDENT'S INFORMATION (Please print all information)

Relationship to SPONSOR	Dependent's Name	Date of Birth Mo	Da	Yr	Sex M	F	Confirmed Drug Allergies Pen (1)	Sul (2)	Cod (3)	Asp (4)	Tet (5)
Spouse (SO)	(Last) (First) (Init)										
Oldest child (01)											
2nd oldest (02)											
3rd oldest (03)											
4th oldest (04)											
5th oldest (05)											
Other (Specify)											

Pen = Penicillin
Sul = Sulfa
Cod = Codeine
Asp = Aspirin
Tet = Tetracycline

Management Analysis Branch shares Red Cross building

The Management Analysis Branch of Management Information Service moved Aug. 20 to new quarters in Red Cross Bldg. 71. The five civilian employees of the branch may now be reached by telephone on Ext. 2525.

The move was made to relinquish space to an expanding Drug Screening Laboratory.

Editorial---

Labor Day Sept. 6

Summer's last long weekend

If you haven't already fudged a little and taken annual leave or liberty to stretch this holiday weekend more than the normal three days, we'd like a word with you. . .

Like any concerned shipmate, we have your welfare at heart and we always wish you the best, both on the job and in your personal life. Most of you work pretty hard around the clock here looking after your patients. You develop a certain kinship with those who are seriously ill or injured and become inpatients over long periods of time. You've seen little children fighting for their lives from severe internal injuries. . . and you've attended active duty personnel whose otherwise strong young bodies are immobilized in casts and harnesses, waiting for shattered bones to heal. You've also seen your share of untimely deaths. . .

Many patients have told you the cause of their injuries, while others are so seriously ill you have to hear the stories from worried family members. Some are catapulted into this state of discomfort and frustration through no fault of their own—victims of speeders, drunk drivers or dope addicts behind the wheel of one of the most deadly weapons known to man. Others, well meaning but careless, bring on their own pain, or demise, by such a simple thoughtless act as standing up in a canoe or failing to put on a motorcycle helmet.

We're not going to lecture you about what you *should* or *should not* do. You've heard it all many times before—and you've seen the results to those who didn't listen. We're just going to ask you to take a little more than ordinary caution over this last long, busy weekend of summer, both for yourself and for the other potential accident victims out there.

Stay safe, friends.



Our patients write. . .

On Thursday, July 22, our daughter, Norma M. Healy, had surgery. . .

We want to thank you and your very competent staff for the kind, courteous and professional way she and we, her parents, were received.

We are proud Nora chose the Navy and want to share our good feelings regarding the staff at Oak Knoll.

Please inform the director of your nursing staff that her professionals and their assistance showed not only their best professionally, but in a very warm way received us in each area of the hospital.

GO NAVY! (That's pretty good for a former Army Nurse.)

Jim and Jeanne Healy
San Francisco

• • •

Recently I was admitted to Ward 8S. . . I was very impressed with the attitude and efficiency of all personnel there.

I am retired from the United States Air Force and normally utilize medical facilities at Castle AFB and Travis AFB. . .

Your personnel from doctors on down show genuine concern for the patients. This puts one at ease and helps considerably during trying times.

I would like to thank most sincerely the following: Dr. Clayton, Dr. Harris and Dr. Adams; the nurses and other personnel of Ward 8S. These personnel showed by their attitude and actions, true professionalism. . .

Ken S. Coe, Jr.
MSGT, USAF Ret.
Atwater

• • •

The soul of "Inward Self" of man is paramount, closely followed only by a sound healthy body which nurtures and conveys that precious entity through life.

My wife and I graciously thank you, through your staff, for preserving my life and refreshing my "spirit." This feat was accomplished by your staff, who possess the very highest degree of dedication, professionalism, humanism, and positiveness.

During the five memorable days at your medical facility residing in Emergency, ICU and Ward 9S, there is nothing but praise for each and every individual encountered (0-6 through E1 and civilians).

I desire to specifically acknowledge and highly commend the following personnel for outstanding performance (above and beyond the call of duty) in all aspects of my care:

LT Joanne Landacre—Physician, Emergency; LCDR Robert Caldwell—Physician; LT Thomas Reilly—Attending Physician; LT Kathy Kobbs—Nurse, ICU; HN Allen Marshall—Corpsman, ICU; HN Randy Flyn—Corpsman, ICU; HN Joseph Flores—Corpsman, ICU; LTJG Louise Therriault—Nurse, Ward 9S; R. N. Jeanne McGinnis—Nurse, Ward 9S.

The "Refreshing of my Soul" was ably accomplished by a loving, humanistic priest, CDR "Father Joe" Ferraro, whose positiveness and communication with the Almighty brought me through the rough psychological traumas of my confinement.

The Oak Knoll Naval Hospital is an ultimate asset to the Bay Area, particularly the Naval community.

Raymond O. Berry
PNC, USN, Ret.
Alameda

Message for Johngy's friends

My dear friends of Oak Knoll:

Contemplating the contents of this letter has taken time and many tears. Leaving the Navy was one of the toughest decisions I have had to make. I left with very ambivalent feelings. However, life goes on and no matter how far one moves, true friendship will last forever.

I wish to take this opportunity to thank all those *very* special people at Oak Knoll and throughout the military system who have helped me grow and realize the importance of true professionalism. Through the teaching, leading and counseling, I feel more secure in my nursing capabilities.

May God bless you every one.

Johngy M. Czarnecki

Sailor enjoys news from 'home'

You may remember me, as it was only July of last year when I left NRMC Oakland. I am now on the USS HECTOR (AR-7) and we have recently returned from a long West-Pac deployment.

Being far from home and in strange countries, it was a welcome sight in the mail to see the *Oak Leaf*. It has been wonderful reading about some of my old friends there at the hospital. Having the chance to read the paper made me feel a little closer to home.

FRANK GILLETTE, HM1, USN
Medical Department, USS HECTOR

(EDITOR'S NOTE: How could we NOT remember YOU, Frank? You left a big imprint here as one of our Sailors of the Year, plus other achievements. We're happy some of our former shipmates now in foreign waters receive our little paper and enjoy it. To all of you out there, at sea or in new shore duty—feel free to write Oak Leaf at any time and tell us of experiences you'd like to share with your old friends.)

Gladys Mitchell sends her appreciation

My heart is so filled with love and gratitude for the kindness shown to me at the beautiful retirement luncheon held in my honor on Aug. 5.

I wish to thank each of you who came and all who contributed for the beautiful gifts and my Harlequin Romances.

I am grateful to my supervisor Lillian Winfield along with Mary Phipps, Mildred Lumley and Frances Sheykhzadeh who gave of their time to make this a wonderful day for me, and to Robert Valentine with his camera.

My cup runneth over remembering my well-wishers who were there with me and my daughter Charlotte in the Admiral's office as I received my 25 year pin and retirement letter.

I wish to thank the Personnel Office for help so generously and graciously given as I prepared for this phase of my life.

May God bless all of you.

Gladys Mitchell
Appointment Desk
Operator 2 (Retired)

NAVAL REGIONAL MEDICAL CENTER
OAKLAND, CALIFORNIA

RADM R. C. Elliott, MC, USN
Commanding Officer

CAPT H. James T. Sears, MC, USN, Director of Clinical Services

CDR C. R. Loar, MSC, USN
Administrative Services

Editor: Betty Beck

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Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.

Command Line

(This column permits direct access to command executives by either military or vilian staff members of any grade, rate or rank. Questions on matters impacting e medical center operations as a whole, reports of incidents of abuse or fraud, or ems of concern to large numbers of the staff are invited. Please also submit recommendations and report positive information of interest to all of us. Submit comments in any legible written form to the Public Affairs Office for routing. You may remain unidentified if you so wish.)

nequity in watch schedules

COMMENT: Several NECs were removed from the command watches—X-y techs in January 1981 and Lab in March 1982—with no apparent explana-n. Concurrently, other E-6s are standing both command and specialty atches. Please explain.

REPLY: Because of a shortage of technicians in both Radiology and Laboratory, ose specific NECs were temporarily removed from the Chief of the Day and the :PH/MAA watch list. Both departments are now being reevaluated for the return of rsonnel to the command watch list.

The radiology watch list is rather confusing. There are seven E-6s assigned. One t class works 43.5 to 47 hours per week. His duties consist of "late stay" to ure that the department has adequate help. He is the senior technician and his es are stood Monday through Thursday, standing the watch once a week (nor-ally not later than 8 p.m. of the day of duty). Three other first class corpsmen work out 46.5 hours per week. The section watchstander stands duty 8 a.m. to noon onday through Thursday once a week. The fifth and sixth first class techs work 40 urs per week but stand port and starboard duty for the CAT scanner angiograms, hile the remaining petty officer works 38.5 hours per week and is on permanent ty weekends (Saturday and Sunday, 7:45 to 11 p.m., and Monday, 3 to 11 p.m.). ray has a four section watch list, a weekend watch list, a night watch list, and a ecial (angiogram) watch list.

Laboratory Service has five E-6s. Those assigned to Blood Bank, Hemo, Histo and cteriology each work 44 hours per week, while the fifth is on nights, 11 p.m. to 30 a.m., six on and two off (47 hours per week). The reason the lab technicians re removed from the command watch list was the emphasis on the Drug Screen-g Laboratory. They were supposed to pick-up some of the workload of others nsferred to that function.

As far as other E-6s who stand the command watch, some have no duties within eir departments. One stands no duty other than the command watch; however hers stand duties within their areas. A corpsman in Urology stands duty every five ys in his clinic and every 13 days on the command watch bill—a total of approx-ately 52.5 hours per week. Two in Nuclear Medicine stand a five section in their nic and every 13 days on the command watch (because this is an on-call watch it difficult to compute how many hours they work each week). The man in Pharmacy ands no duty in his department; the first class in Medical Photography stands no partment watch but is subject to call for special incidents requiring his services ter normal duty hours.

With the exception of personnel that are standing night duty in departments, or rsonnel that stand special study watches, all first class petty officers will be turned to the command watch bill. The watch is expected to be an 18-section atch.

BEQ policies

COMMENT: What are policies of the BEQ pertaining to room assignments?

REPLY: A Side: Male Staff; B-1&2: Students; B-3: Female Staff; TADs: Anywhere there is room; E1-E4: Three to a room; E5-E6: Two to a room; Staff E5-E6: To Bldg. 69 when space is available.

• • •

COMMENT: Why are staff personnel being moved to accommodate school students?

REPLY: They aren't. The manager is trying to comply with OPNAVINSTs pertaining to BEQ management.

• • •

COMMENT: Why are school students getting first floor rooms?

REPLY: The B-1 deck is designated for students because of short stays and because it is near a study room.

• • •

COMMENT: Why are personnel being moved from A Wing to B Wing?

REPLY: Only 18 personnel have been affected by moves in the UEPH. Such moves are made only when one's status changes from staff to student, or vice versa.

• • •

COMMENT: Why are UEPH committee meetings being held at times when it is impossible for most personnel to attend?

REPLY: The committee informs the manager when the meetings are held. The manager does not set the time or date. If this question is in reference to the BEQ meetings, there was one set for 5 p.m. on Aug. 19 for Bldg. 501 and one more for Bldg. 69 at 5 p.m. on Aug. 23. The manager's meetings are separate from those of the Advisory Board.

Uniforms at Navy Exchange

COMMENT: Why can't corps personnel get uniforms in the exchange?

REPLY: A review of uniform items stocked at our Navy Exchange is presently underway. Because of the space allocated for uniforms, we have to be reasonable on the number of items stocked. Those articles that are not carried will be readily available by placing a special order at the Customer Service Desk or with the salesclerk in the area. Call Mary at Ext. 2184 for any assistance in ordering uniform items.

INSON, 'SEA', TEXAS

Ships swap homeports

The nuclear-powered aircraft carrier S CARL VINSON (CVN 70), the craft carrier USS CORAL SEA (CV) and the nuclear-powered guided ssile cruiser USS TEXAS (CGN 39) l begin around-the-world trips in the ring of 1983 to change fleets and meports, the Navy announced Aug. . CARL VINSON will report to its new meport of Alameda, Calif.; CORAL A will be homeported in Norfolk, ; and TEXAS will be based in San ego, Calif.

CARL VINSON's transfer to the est Coast will provide the Atlantic d Pacific Fleets with an equal number nuclear-powered carriers, giving m each the advantage of "state of art" aircraft carrier operations. The XAS move provides a Navywide lance of cruiser assets with the nuc-r-powered aircraft carriers.

CARL VINSON and TEXAS will leave rfolk and begin a 22,000 mile trip to lifornia via the Atlantic, Indian and cific Oceans, with brief operations in e Caribbean and Mediterranean Seas. ithin weeks of the East Coast depar-re, CORAL SEA, now homeported at ameda, will deploy westward with an timate homeport destination of Nor-lk.

To accomplish the homeport anges, a team of Navy Atlantic and cific Coast representatives has been rking on transfer details, including gineering and aviation support, per-nnel assignments, transfers and ining, housing availability, logistics d scheduling of the ships. Where asible, aircraft carrier personnel will be "cross-decked," allowing them to retain their present homeports. This is more easily accomplished for junior enlisteds than for more senior or technical personnel, or Engineering Department members. Families of personnel ordered to the three ships may proceed directly to the new homeports, minimizing the number of relocations and the impact on families following the swap.

It's a 'no-no'

The Office of Personnel Management (OPM) periodically cautions federal agencies to ensure against the improper use of postage paid agency (franked) envelopes to file job applications for competitive examinations and agency merit-staffing applications, or to appeal ratings received under these programs.

OPM considers the filing of job applications and rating appeals to be personal matters, not official government business. Such personal mail is therefore subject to payment of postage by the employee, and use of postage paid official envelopes for these purposes is a violation of both OPM and postal regulations. The use of official prepaid mailing envelopes, labels, etc., for private use is subject to a fine of up to $300.

Uniform fabric to be standardized

To further standardize the appearance of Navy uniforms, "Gabadreme" (a fabric of 100 percent texturized polyester) will become the only authorized fabric for use in service dress white, summer white and summer khaki uniforms for officers and chief petty officers. Gabadreme uniforms will become available in Navy Exchanges during April 1983 and the mandatory wear date will be April 1, 1985.

During the two-year phase-in/out period, uniforms listed above may be worn in existing fabrics as well as Gabadreme. Female summer white (B) and working khaki will continue to be made of the present polyester/cotton material.

Battle formations

In preparation for battle, the wooden ships of the U. S. Navy's first fleet were positioned in a line of confrontation to the enemy. Hence, the officers of the early Navy became known as "officers of the line."

Today, officers are called line officers.



WELCOME TO THE TEAM—Rear Admiral Robert C. Elliott welcomes spouses of new members to the command during an orientation tour of the hospital by the wives on Aug. 25. The Commanding Officer told the visitors that they are very important members of the medical center's health care team. Education and Training presented a slide briefing and Nursing Service arranged a walking tour of the hospital. Support was also provided by Special Services, Photo Lab and the Public Affairs Office.

PWC Autovon Prefix changed

The Autovon prefix for Public Works Center San Francisco Headquarters Staff Officer in Charge of Construction/Resident Officer In Charge of Construction San Francisco Bay Area has been changed from 864-XXXX to 859-XXXX.

PWC organizational elements affected, located in the Oakland Army Base Bldg. 796, are Command and Special Staff Offices, Production Officer, Activity Civil Engineer, Management Officer, Comptroller, Administrative Services, Utilities Department Staff, Facilities Planning Department, Housing Department, the Contracts Branch of the Maintenance Engineering Department, and OICC/ROICC SFB area.

Plante for Craft

Captain Rene Edmond Plante has relieved Captain Thomas Gwyn Craft as Commanding Officer of Naval Supply Center, Oakland. The turnover ceremony was held Aug. 20 at NSC Oakland.

Captain Craft has been transferred to become Inspector General of the Naval Supply Systems Command in Washington, D. C.



THE NEW BULL—Ensign Ronald Logan of Pharmacy Service is now the proud possessor of the symbolic bull, signifying the Medical Service Corps' "Bull Ensign of the Command." The honor passed to Ensign Logan upon the recent promotion of Michael J. Curran, its former holder, to the rank of Lieutenant (junior grade).

New BAQ policy change

Servicemembers living in "inadeq ate" family housing will be charged "fair market rental value" not t exceed 75 percent of their bas allowance for quarters (BAQ) as of Oc 1.

The change will mean an increase the paychecks of some personn Occupants of **inadequate housin** who currently forfeit their entir allowance should receive at least 2 percent of their BAQ when the legisla tion becomes effective.

Fair market value is defined as th amount for which the house or apart ment would be rented, includin utilities, in the civilian economy. Th policy change was directed by the Mili tary Construction Codification Act o July 12.

Commands with family housin units that have been designated inade quate have been instructed to deter mine fair market value for each unit.

Nurse job openings

Civilian Personnel Service has an nounced that it will accept applications throughout 1982 from all appointable federal employees and reinstatemen eligibles for the positions of Clinica Nurse, GS-5, 7, or 9.

Anticipated vacancies may be at Oak Knoll or the medical region's branch clinics. Positions are subject to rotating shifts.

Detailed information may b obtained by calling 639-2116.

Civilians surveyed on drug, alcohol use

When was the last time you were unable to remember some of the things you did while drinking the day before?

Have you ever had a "Miss Emma" (an opiate)?

These are among 89 questions you may be asked this summer if you are a civilian working for the Department of Defense.

The Office of Drug and Alcohol Abuse Prevention of the Department of Defense is conducting a study of drinking and drug use practices of its civilian employees and military personnel. A questionnaire similar to the one being used in the July and August survey of civilians was recently completed by over 19,000 military personnel.

The results of both of these studies will be used by DoD policymakers to evaluate the extent of alcohol and drug use among its employees and to plan improvements in employee assistance policies and programs.

The questionnaire was sent to persons whose names were selected at random in a representative sampling of all DoD civilian employees. Participation in the survey is voluntary and no penalty can be imposed for not responding.

Persons receiving the questionnaire are requested to answer all questions but not to place their names or social security numbers on the form. After filing it out they are to mail the form to an independent research firm conducting the project. This procedure assures that no link can be made to the person filling out the questionnaire.

KXY TO SAFXTY - YOU

Xvxn though my typxwritxr is an old modxl, it works quitx wxll xxcxpt for onx of thx kxys.

I havx wishxd many timxs that it workxd pxrfxctly.

Thxrx arx 43 kxys that function wxll xnough, but just onx kxy not working makxs thx diffxrxncx.

Somxtimxs it sxxms to mx that a safxty program is somxthing likx my typxwritxr – not all thx kxy pxoplx arx working propxrly.

You may say to yoursxlf, "I am only onx pxrson. I won't makx or brxak a safxty program"

But it doxs makx a diffxrxncx bxcausx a safxty program to bx xffxctivx, nxxds thx coopxration of xvxry pxrson rxlatxd to that program.

So thx nxxt timx you think you arx only onx pxrson and that your xfforts arx not nxxdxd, rxmxmbxr my typxwritxr and say to yoursxlf, "I'm a kxy pxrson in our safxty program and nxxdxd vxry much."



(Reprinted with permission from *PWC Baygram*, published by the Navy Public Works Center, San Francisco Bay.)

Career Capsules

Naval Academy opportunities

The Secretary of the Navy may appoint up to 85 enlisted personnel from the Regular Navy to the United States Naval Academy (USNA) at Annapolis each year.

USNA offers an outstanding opportunity for qualified people to embark on careers as officers in the U. S. Navy. Students at USNA are appointed as midshipmen, U. S. Navy, and receive pay of approximately $420 per month, plus tuition, room and board. Upon graduating, they are awarded a bachelor of science degree and a commission as Ensign in the Regular Navy. Graduates are obligated to serve at least five years on active duty after graduation.

Qualifications for USNA are:

—SAT scores of at least 800 (verbal English and Math) or ACT score of at least 34.

—Age—at least 17 and not have passed 22nd birthday on July 1 of year entering USNA.

—Unmarried and no children.

—U.S. Citizen.

—Good academic scholastic record.

—Excellent physical condition.

—Member of naval service since July 1 of preceding year.

Navy physicians, dentists

Medical Center streets named for WWII heroes

Many of Oak Knoll's staff members are not aware that streets on the compound are named for Navy physicians and dentists who lost their lives in World War II.

Gendreau Circle, the parking lot area in front of Preventive Medicine Service, for example, honors the memory of Captain Elphege A. M. Gendreau, MC, USN, who was killed in combat in the South Pacific on July 21, 1943 while on duty as fleet surgeon for the Pacific Fleet.

Blackwood Street, which begins at the main gate and runs to the north boundary, is named for Commander James D. Blackwood, MC, USN, senior medical officer of the USS VINCENNES when she was lost the night of Aug. 8. 1942.

Johnson, Alexander and **Crowley Streets** are named for three officers killed in action at Pearl Harbor on Dec. 7, 1941. They are Commander Samuel E. Johnson, MC, USN; Lieutenant Commander Hugh R. Alexander, MC, USN, and Lieutenant Commander Edward E. Crowley, DC, USN.

Evans Street honors Lieutenant Commander Edward E. Evans, MC, USN, who was killed during action in the Solomons on Dec. 12, 1942.

Trojakowski, a short road near the main gate that terminates on Blackwood, is named for Commander W.C. Trojakowski, DC, USN, killed in action in the South Pacific on June 12, 1942.

Ringness Street honors Lieutenant Henry R. Ringness, MC, USN, who was awarded the Navy Cross posthumously for extraordinary heroism while under fire on Guadalcanal.

Another short street, **Miles,** is named for Lieutenant (junior grade) Samuel S. Miles, MC, USNR, who was killed in the battle of the Solomon Islands while serving with the 1st Marine Division.

Rall Street honors Lieutenant Richard R. Rall, MC, USN, who was also killed at Pearl Harbor.

. . . .

Asiatic origin for 'chit'

The word "chit," meaning a receipt or voucher, came into use on the Navy's Asiatic Station before World War II.

It is derived from the Hindu word "citthi," and today is the name of the form used when asking for leave or any special requests.

...udos.....

...Y ACHIEVEMENT MEDALS

...Mary Sue Wheeler, NC, from ...Naval Regional Medical Center, ...va.

...R William Archambault, JAGC, ...ty at Naval Support Activity, ...land.

...VY COMMENDATION MEDAL

...T Paul Farrier, MC.

...TTERS OF COMMENDATION

...R Louise George, NC.

...l William Bradford, from Com- ... in Chief, U. S. Naval Forces,

... Noel Hyde, MSC.

LETTERS OF APPRECIATION

LT Johngy Czarnecki-Johnson, NC.

HM3 Digna Riturban, Laboratory.

HM2 Lori Jean Chase, Security.

HM3 Wendy Smith, Drug Screening Laboratory.

LTJG Ronald Karliner, MSC.

PROMOTIONS

HMCS Joe Eastham, Branch Clinic, Stockton.

HMC Robert Shingleton, Branch Clinic, Stockton.

GOOD CONDUCT AWARDS

HM3 Leroy Dunn, Jr.

HN Romeo Danganan

HM3 Robert Bonne

HM2 Thomas Sharp

...mings and Goings-------

...ir winds and following seas" ... following personnel who have ...y detached from this command: ...Suzanne Drebing, NC, to NRMC

...R Louise George, NC, to NRMC

...R Noel Hyde, MSC, to NRMC ...outh.

...DR Mark Dawson, JAGG, to ... Yokosuka.

...PT Paul Farrier, MC, to ...ington, D. C.

...G Ronald Karliner, MSC, to ... Great Lakes.

...G Dennis Amundson, MC, to ... Okinawa.

...John Hilmo, MSC, released from ... duty.

... Russell Caddy, released from ... duty.

...2 Dean W. Wiggs to NSHS ...da, Md.

...DR Christopher J. Harris to NRMC ...Beach.

... Michael A. Ricker to USS ...IO (LST-1182).

...3 Keaton Brown to USS CORAL ...CV 43).

...3 Lawrence Pickel to NRMC ...onville, Fla.

... Carl Mayberry to USS ARKAN- ...CGN-41).

... Richard Dew to Branch Clinic, ...Island.

...DR Dorrit Ahbel to New London,

...13 Wendy Smith to Naval ...tal, Roosevelt Roads, P. R.

... Richard Evans to Fort Sam ...on, Tex.

... Douglas Anson, released from ... duty.

...3 Jeffrey Bodsun, released from ... duty.

• • •

...Velcome aboard" to newly ...d:

... James Wilson, MC, Internal ...ne.

CAPT Joe Whetsell, MC, ACDUTRA Internal Medicine.

CDR Raymond Lilly, MC, Neurosurgery.

LT Stephen Meyers, MC, Pediatrics Service.

LCDR Michael Johanek, MC, Treasure Island Branch Clinic.

LCDR Steven Hixson, MSC, BuMed EOPS, Treasure Island.

LT Gregory Rumore, MC, Pathology.

LT John Ritchie, MC, Orthopedics.

CAPT Robert Abbe, MC, General Surgery.

CDR Bernard Thomas, MC, Primary Care Clinic.

LT Ramon Urdaneta, MC, Internal Medicine.

LTJG Steve Farber, MSC, Staff.

HR Margaret Cheeseman, Urology Clinic.

HN Daniel Woodfin, OR School.

HM3 John Weaver, Alcohol Rehabilitation Service.

LT Joseph M. Grant, Orthopedics.

HM1 Kevin Sylvis, PMT Instructor.

HM3 David Demello, Surgery Service.

HN Marla M. Turner, OR School.

HN Earl J. Jerzyk, OR School.

HM3 Matthew J. Schubert, OR School.

HM3 Eduardo Rivero, Urology Clinic.

DT2 Donald Burt, Dental Service.

LT Michael Tierney, Nursing Service.

DA Denise Donelson, Dental Service.

HM2 Robin L. Gozzo, Medical Service.

CAPT James H. Black, Regional Health Care Coordinator.

LT Dennis E. McBride, OB/GYN Service.

CDR Bernard Thomas, Medical Service.

HA Jeffrey Branscom, Nursing Service.

LT Balaram Puligandla, MC, Pathology.

LT Per Montero-Pearson, Indoctrinee (Okinawa)

...D launches war on drunk driving

...rrently, there is a groundswell of American public opinion demanding tougher ...n against intoxicated drivers. Citizens groups such as Mothers Against Drunk ...rs (MADD) and Remove Intoxicated Drivers in Missouri (RID-MO) are demanding ...n from local officials. States are beginning to toughen both their laws and their ...cement of those laws. The U. S. Senate has passed a bill calling for tough and ...tive action against drunk driving and members of the House of Representative ... introduced similar legislation. President Reagan has appointed a 30-member ...idential Commission of Drunk Driving to combat what he called "the epidemic of ...k driving on the nation's roads."

...bout 500 servicemembers in the Department of Defense were killed last year as ...ult of intoxicated driving. Injury and property damage costs to DoD were esti- ...d at about $100-$150 million. During the 10 years of the Vietnam conflict, the ...d States lost six times as many persons to drunk drivers as we lost to the ...my.

... early June of this year, the Office of the Secretary of Defense hosted an action ...ning conference to develop DoD goals and objectives for an expanded program ...ombat driving while intoxicated. This program is scheduled to get underway in ...fall and build toward the Christmas-New Year's holiday season.

Jacobsen to relieve Linehan as Chief, Education & Training

Commander Jayne W. M. Jacobsen will become Chief, Staff Education and Training at the end of next week when Commander Patricia A. Linehan departs for a new assignment with Naval Regional Medical Center, Jacksonville, Fla.

Commander Jacobsen reported earlier this summer from NRMC Long Beach where she was assigned about six years. Other duty in her 12 years of Navy service have been with NRMC San Diego and Naval Hospital, Yokosuka, Japan.

The Navy nurse holds a bachelor of science in nursing from West Chester (Pa.) State College, a master's in education from Pepperdine University in Malibu, Calif., and the Humanitarian Service Medal and National Defense ribbon.

She said she hopes to continue to develop and coordinate effective staff development programs for all the health care members and is "delighted to be here at NRMC Oakland," looking forward to a challenging and rewarding assignment.

The daughter of Dr. and Mrs. Jay Rice Moody of Newport, R.I., has a brother, Commander William B. B. Moody, in the line Navy. He is presently stationed in Munich, Germany.



CDR Jayne Jacobsen

Commander Jacobsen is married to retired Marine Corps Lieutenant Colonel Donald Eric Jacobsen. They make their home in Livermore.

The new education officer enjoys skiing, golf, tennis and horseback riding.

NIS 'bust' leads to conviction

On July 28, 1982, a General Court Martial found a junior officer guilty of all charges and specifications involving the sale, use, possession and transfer of marijuana. He was sentenced to five years confinement at hard labor, forfeiture of all pay and allowances, and dismissal from the service. (For an officer, dismissal from the service is equivalent to a dishonorable discharge.)

The court martial grew out of a Naval Investigative Service investigation into drug trafficking earlier this year which resulted in the apprehension of a group of individuals on March 1.

The individual began serving his sentence at a Navy brig but will be transferred to the federal facility at Leavenworth, Kans., for the balance of the sentence.

Applications sought for clerical positions

Applications will be accepted by Oak Knoll's Civilian Personnel Service over the next four months for anticipated Medical Clerk and Clerk Typist vacancies at Naval Regional Medical Center Oakland and its branch clinics at Alameda, Concord, Vallejo, Moffett Field, Treasure Island, and Naval Supply Center, Oakland.

Clerk-Typist and Medical Clerk (Typing) GS-3 jobs, described in Vacancy Announcement No. 105(82), are open until Dec. 30, while applications for Medical Clerk and Medical Clerk (Typing) GS-4 positions, described in Announcement No. 97(82), will be accepted through Jan. 19, 1983.

Only those qualified personnel who are appointable federal employees, reinstatement eligibles, Veterans Readjustment Appointment eligibles, or within reach on an appropriate OPM register may be considered.

Call Civilian Personnel Service, 639-2116, for further information.

Navy civilian wins national award

A Navy employee has saved the service about $738,000 and won a national award by helping handicapped people make the best use of their skills.

Frank G. Cherry coordinates handicapped affairs at the Naval Air Rework Facility, Pensacola, Fla., and heads the "Special Emphasis Work Program" for disabled employees at the facililty.

He received the annual John E. Fogarty Public Personnel Award from the President's Committee of the Handicapped in June for "his outstanding contribution in providing job opportunities and developing and instituting programs for disabled people in a public agency," the committee said.

One of Cherry's innovations is a reclamation workshop staffed by eight to 10 handicapped people who screen hardware removed from aircraft, or during reassembly, for reuse. Records show the shop has saved the Navy about $738,000 in a little over two years, not including salaries.



Garden open house

An open house and exhibit of the art of Penny Edwards will be held from 2 to 4 p.m. Sunday, Sept. 19 at the Botanic Garden Visitor Center in Tilden Regional Park, Berkeley.

Edwards is well-known for her watercolor paintings with wildlife and conservation themes.



VISITORS—LCDR Ronald Straub (center foreground) explains the operation of the Tri-Laboratory system here to five visiting Army officers from the William Beaumont Army Medical Center in El Paso. The Texas hospital's Chief of Laboratory Service, Head of Chemistry, Chief and Assistant Chief of Data Processing, and Comptroller paid a site visit to Oak Knoll to look at our system as a possible alternative to their own.

New CHAMPUS processor for western states' claims

Military families in Arizona, California, Nevada and New Mexico will have the CHAMPUS claims processed by Blue Cross of Washington-Alaska starting Jan. 1, 1983.

Families covered by CHAMPUS in the four states should continue to send claims to Blue Shield of California through Dec. 31, 1982. Families will be informed about the address and phone changes for the new claims processor in the coming weeks.

The Civilian Health and Medical Program of the Uniformed Services (CHAMPUS) is the Defense Department's health benefit plan for military families who must get medical care from civilian hospitals and doctors.

CHAMPUS director Theodore D. Wood announced on Aug. 9 that a $7 million contract was awarded to Blue Cross of Washington-Alaska to process all claims for the southwest region of the U. S. Starting Jan. 1, 1983, CHAMPUS claims for care received in the four states will no longer be processed by Blue Shield of California. The new contract runs for one year, with options for a second and third year.

The new contract is the first time that the claims processor for these four states will be under an incentive-type contract. That means Blue Cross of Washington-Alaska will be subject to bonuses or penalties for speed and quality in paying claims.

Docent training to start at Sunol

A Docent Training Field Studies session will be conducted from 9:30 a.m. to 12:30 p.m. Tuesdays and Thursdays, Sept. 30 through Dec. 9 at Sunol Regional Wilderness in southern Alameda County.

Participants will learn about the history and ecology of Sunol, and can obtain two units of credit through the master's degree in education program at California State University, Hayward.

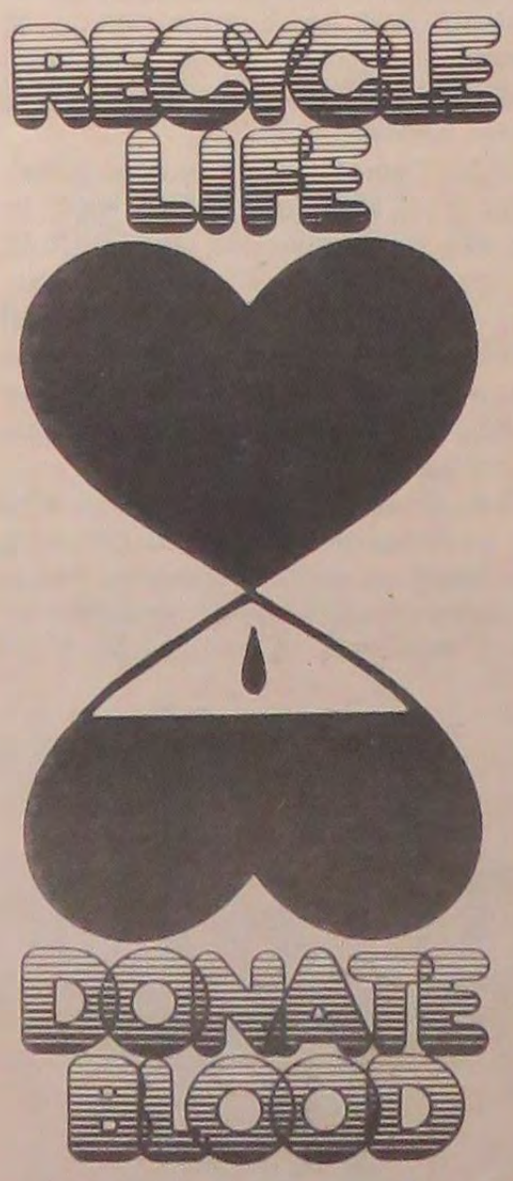
Docents are volunteers with talent for working with children, who assist park naturalists in helping youngsters gain an appreciation of natural history.

To remain a docent after program completion, the volunteer must conduct a minimum of two programs per month throughout the school year, remain active for a year, and attend mandatory meetings.

More information and an application may be obtained by sending a self-addressed stamped envelope to Sunol Regional Wilderness, P. O. Box 82, Sunol, Calif. 94586. Indicate if you wish to take the training for credit.

This year is the 10th anniversary of the docent program at Sunol. Anyone interested in a Saturday docent class at Sunol may contact Carleen Bruins, wilderness volunteers coordinator, at the park, telephone 862-2244.

(East Bay Log)



The next collection here by Irwin Memorial Blood Bank is scheduled from 7 a.m. to 3 p.m., Sept. 8, on 5 East. You may make appointments to donate through your department keyperson. Any questions should be referred to the Blood Bank staff at Ext. 2329 or 2283. Please give so that others may live.

Special Peds service for routine physicals

A special Pediatrics Clinic to provide routine physical examinations for healthy children between the ages of 3 to 13 years of age is held every Tuesday morning from 9 to 11 a.m. in the Adolescent Clinic, Bldg. 62B. Appointments should be made with the Central Appointment Desk, 639-2501.

Three pediatrians staff the weekly clinic, which has been set up for the physicals required by schools, camps, sports activities and general health maintenance. Special, handicapped, or ill children are excluded from this clinic as are adolescents who should still make their appointments for physical examinations through the Adolescent Clinic.

The State of California requires health examinations of all students within an 18-month period before entering first grade in the public school system. Children new to the state are given a grace period of three months in which to obtain the exam.

PHS Surgeon General warns about marijuana

The Surgeon General of the Public Health Service has issued the following warning on marijuana:

Marijuana use is a major public health problem in the United States. In the past 20 years, its use has increased 30-fold; it is estimated that **more than a quarter of the American population has used it. The age at which persons first use marijuana has decreased gradually to the junior high school years.** Until recently, nearly 11 percent of high school seniors used it, and although that figure has declined to 7 percent, its daily use still exceeds that of alcohol; more high school seniors use marijuana than smoke cigarettes. In a recent study, 32 percent of those surveyed had used marijuana during the previous 30 days, while 25 percent had smoked tobacco.

On March 24, 1982, the Department of Health and Human Services submitted to Congress a report reviewing the consequences of marijuana use. *Marijuana and Health, 1982,* ninth in a series, is primarily based on two recently conducted comprehensive, scientific reviews by the Institute of Medicine and the National Academy of Sciences, the Canadian Addiction Research Foundation, and the World Health Organization (WHO). Both independent reviews corroborate the Public Health Service's findings of health hazards associated with marijuana use: Acute intoxication with **marijuana interferes with many aspects of mental functioning and has serious, acute effects on perception and skilled performance, such as driving** and other complex tasks involving judgement or fine motor skills.

Among the known suspected chronic effects of marijuana are:

—Short-term memory impairment and slowness of learning.

—Impaired lung function similar to that found in cigarette smokers. Indications are that **more serious effects, such as cancer and other lung disease, follow extended use.**

—Decreased sperm count and sperm mobility.

—Interference with ovulation and prenatal development.

—Impaired immune response.

—Possible adverse effects on heart function.

—By-products of marijuana remaining in body fat for several weeks, with unknown consequences. The storage of these by-products increases the possibilities for chronic, as well as residual, effects on performance, even after the acute reaction to the drug has worn off.

Of special concern are the long-term developmental effects in children and adolescents, who are particularly vulnerable to the drug's behavioral and psychological effects. The "amotivational syndrome," characterized by a **pattern of energy loss, diminished school performance, harmed parental relationships, and other behavioral disruptions,** has been associated with prolonged marijuana use by young persons. Although more research is required, recent national surveys report that 40 percent of heavy users experience some or all of those symptoms.

The Public Health Service concludes that marijuana has a broad range of psychological and biological effects, many of which are dangerous and harmful to health, and it supports the major conclusion of the National Academy of Sciences' Institute of Medicine.

MED • SCAN

A quick look at recent health care developments

Things that go "bump in the night' may be no more frightening than one of your **children sleepwalking.** But if that's all it is, say investigators from the Pennsylvania State University College of Medicine, Hershey, don't wake him or her—just lead the sleeper gently back to bed. Rude awakening leads to confusion and fright. Sufferers of "night terrors," the article in the *Archives of General Psychiatry* reports, should be treated in the same gentle way. Forcibly interrupting a night terror episode may result in more terror and confusion and aggravate the patient's violent behavior. Sleepwalking and night terrors occur most often in childhood. In adults it sometimes indicates an underlying emotional problem that may require treatment. Fortunately for the weary parents of sleepwalkers **the condition is usually outgrown.**

• • •

An historical review of 218 reports dating from 1795 to 1981 and covering 220,037 women has confirmed that modern girls begin their menstrual function (menarche) at an earlier age than they did in Jane Austen's day. In fact, according to the report contained in *The New England Journal of Medicine,* **the age of menarche has historically begun two months earlier, on the average, every decade.** Thus in 1877 the average age was 14.75 years, about 14 years at the turn of the 19th century and 12.8 years in 1947. This downward trend apparently leveled off in 1947. The findings in Europe and the United States confirm the fact that undernutrition and strenuous physical exercise will delay menarche. In poor girls in developing countries the age of menarche is 15 years.

Chaplain's Corner

A new look at Psalm 23

By Fr. S.D. Tambourin
LCDR, CHC, USN

Psalm 23, "The Lord is my shepherd. . .," is a favorite, oft-quoted psalm from the ble. It has the power to say many things for us, according to our mood, and even cording to the culture from which we come.

The following free translation from the Japanese opens its meaning in a new and esh way:

ne Lord is my Pace-setter,
shall not rush;
makes me stop and rest
or quiet intervals.
provides me with images of stillness
which restore my serenity;
leads me in the ways of efficiency
through calmness of mind
and His guidance is peace.
Even though I have a great many things
to accomplish each day,
I will not fret, for
His presence is here.
His timelessness, His all-importance
will keep me in balance;
He prepares refreshment and renewal
in the midst of my activity
by anointing my mind with
His oils of tranquility.
My cup of joyous energy overflows,
Surely harmony and effectiveness
shall be the fruits of my hours,
For I shall walk in the pace of my Lord,
and dwell in His house ever.

Not too early to think about mailing

Washington (NES)—To assure timely arrival at overseas destinations for Christmas delivery, all mail should be posted on or before the following dates in 1982:

* PAL (Parcel Airlift) * Sam (Space Available)

Destination	Priority	Letters	PAL	SAM	Surface
Africa	Dec. 6	Dec. 6	Nov. 15	Nov. 8	Nov. 8
Alaska	Dec. 13	Dec. 13	Dec. 6	Nov. 29	Nov. 29
Hawaii	Dec. 13	Dec. 13	---	---	Nov. 29
Australia	Nov. 29	Nov. 29	Nov. 15	Nov. 8	Oct. 25
Caribbean/West Indies.	Dec. 13	Dec. 13	Nov. 29	Nov. 22	Nov. 12
Central/So. America	Nov. 29	Nov. 29	Nov. 15	Nov. 8	Nov. 8
Europe	Dec. 10	Dec. 10	Nov. 29	Nov. 19	Nov. 8
Far East	Dec. 10	Dec. 10	Nov. 29	Nov. 19	Oct. 25
Greenland	Dec. 6	Dec. 6	Nov. 29	Nov. 22	Nov. 22
Iceland	Dec. 13	Dec. 13	Nov. 29	Nov. 22	Nov. 22
Mideast	Dec. 3	Dec. 3	Nov. 8	Nov. 1	Nov. 1
Southeast Asia	Nov. 29	Nov. 29	Nov. 12	Nov. 28	Nov. 25



ARMED FORCES VOTERS WEEK

SEPTEMBER 6—13

Reservations close today for 'welcome' luncheon

The Naval Regional Medical Center Officers Auxiliary will hold a "welcome aboard" luncheon honoring all new wives to the command on Sept. 8 in the Officers' Club on base.

A get-acquainted period will begin around a fruit punch bowl in the courtyard of the club at 10:30 a.m., followed by a luncheon in the ballroom at 11:30 a.m. Lunch, costing $6.25 each, will feature chilled curried pea soup, oriental chicken salad, pineapple muffins, chocaholic cheesecake and coffee or tea.

Rear Admiral Robert C. Elliott, NRMC Oakland Commanding Officer, will address attendees. Board members and area welcoming representatives will be introduced.

The reservation deadline is TODAY. If you have not made yours yet, telephone it in to Roseann Healy at 562-1975 *immediately.*

More commissaries to carry generics

In a continuing effort to improve customer service, the number of Navy commissary stores carrying generic (other than brand-name) products will increase in response to continuing patron demand. The generic items, black and white labeled products, are priced substantially lower than comparable brand-name products.

Navy commissary stores initially tested the sale of generic items in the Norfolk, Va. area in March 1981. Enthusiastic patron response led to addition of generic sales to 35 CONUS and five overseas stores by May 1982. Current plans call for their expansion to all CONUS commissary stores and most major overseas stores by the end of this year. The overseas stores will eventually carry approximately 40 of these items while commissary stores in the U. S. are stocking 40-60 items.

The generic section consists of a variety of quality goods in a broad range of household and grocery products. Commissary store officials state that items selected are based on customer demand and results of price comparisons between generic and brand name products. Only those items offering significant savings are considered for stockage. Furthermore, to ensure quality, only those generic items listed on the Defense Personnel Support Center supply bulletins are considered for sale in Navy commissary stores.

Quality generic items offered a low-priced alternative to brand name products and generate additional savings to customers.

Public ceremony at Crown Beach

A public celebration evoking Alameda's good old days is planned for Thursday, Sept. 16, to mark completion of the restoration project at Robert W. Crown Memorial State Beach.

Ceremonies will begin at 11:30 a.m. at the beach, whose entrance is located at Westline and Otis drives in Alameda. The public is invited to attend, bring picnic lunches, and enjoy the shoreline, newly replenished with beach sand.

Keynote speaker will be Huey Johnson, Secretary of Resources, State of California. Other public officials invited to attend are U. S. Rep. Fortney (Pete) Stark, D-Oakland; State Sen. Nicholas Petris, D-Oakland; State Assemblyman Elihu Harris, D-Oakland, and Marty Mercado, Director, State Department of Boating and Waterways.

Petris and Harris were instrumental in obtaining state funds to help with the beach restoration.

In the heyday of beach resorts and amusement parks, Alameda was considered the "Coney Island of the West." In recent years, however, a persistent erosion process nibbled away at the shoreline. Alameda Beach Restoration Project was the solution.

The project has involved dredging more than 200,000 cubic yards of sand from the bottom of San Francisco Bay and pumping it onto the beach. Cost of the sand dredging phase was $2.1 million, of which the state furnished $1.3 million from the Energy Resources Fund. Alameda and East Bay Regional Park District each contributed $300,000, and accrued interest provided the rest.

Phase II of the project, involving landscaping, bicycle paths and construction of erosion-impeding breakwaters, will be accomplished with $585,000 in state money.

(East Bay Log)

Bus companies offer military reduced fares

In a trial program which began July 10, 64 bus companies introduced discount leave fares for active duty military people and their families who are traveling at their own expense between the 48 contiguous states.

The discounts range from 25 to 40 percent and are available only for interstate travel—travel between states, not within a state. The following discounts are in effect:

—Twenty-five percent discount when standard interstate fare is between $40 and $60.

—The discount fare is a flat $45 when the standard interstate fare is between $60 and $75.

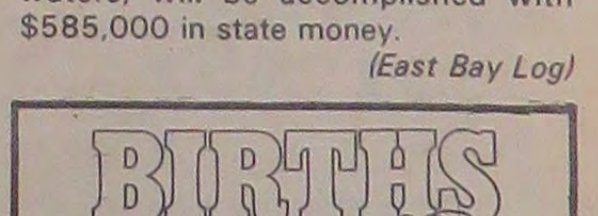
—Forty percent discount when standard interstate fare is more than $75.

Where applicable, discount fares will be rounded to the next highest $5 increment.

In addition to active duty military people, service academy cadets and uniformed Coast Guard people and their family members are eligible for the reduced fares.

Active duty service members are not required to wear their uniforms to take advantage of the fare discount, but service members and their families should be prepared to furnish military identification. Family members must travel with their sponsor to receive the discounts. Family members five years old or younger may travel free of charge.

The trial discount program will remain in effect through November 1982 and may be discontinued after that date if the level of use does not justify continuance. **(NES)**



The following addition to the medical center "family" has arrived at Oak Knoll:

A baby boy to Hospital Corpsman Caroline S. Lynch, 5 West, and her husband Jeffrey, Aug. 10.

49er Football Schedule

Tonight, 7:30 p.m., at Seattle (Exhibition Game)

Regular Season

Sept. 12 (Sunday), 1 p.m.—Raiders (at San Francisco)
Sept. 19 (Sunday), 1 p.m.—Denver
Sept. 26 (Sunday), 1 p.m.—Chicago (at San Francisco)
Oct. 4 (Monday), 6 p.m.—Tampa
Oct. 10 (Sunday), 10 a.m.—New Orleans
Oct. 17 (Sunday), 1 p.m.—Los Angeles (at San Francisco)
Oct. 24 (Sunday), 10 a.m.—Atlanta
Oct. 31 (Sunday), 10 a.m.—Washington
Nov. 7 (Sunday), 1 p.m.—Minnesota (at San Francisco)
Nov. 14 (Sunday), 1 p.m.—Dallas (at San Francisco)
Nov. 21 (Sunday), 1 p.m.—St. Louis
Nov. 28 (Sunday), 1 p.m.—New Orleans (at San Francisco)
Dec. 2 (Thursday), 6 p.m.—Los Angeles
Dec. 11 (Saturday), 1 p.m.—San Diego (at San Francisco)
Dec. 19 (Sunday), 6 p.m.—Atlanta (at San Francisco)
Dec. 26 (Sunday), 10 a.m.—Kansas City

(All times Pacific)

Bowling league now forming

A mixed bowling league, to play Tuesday nights, is now forming here at Oak Knoll. League play starts at 6:30 p.m. on Sept. 14 and will continue thru April.

All interested Officers and Enlisted may get more information by calling Jack Hellyer at 2511 or Ken Crawford at 2467.

Branch clinic officers in All-Navy events

Three officers from the region's branch clinics have been selected to tryout for Navy teams in interservice sports championships.

Medical Corps Commander Leslie I Sechler of the Moffett Field Branch Clinic was selected to participate in the 1982 Navy Men's and Women's Golf Trial and Training Event, Sept. 1-11 at NAS Pensacola, Fla.

Medical Corps Lieutenant Commander Walter H. Wood of Treasure Island clinic and Lieutenant (junior grade) John D. Shepardson, Medical Service Corps, Mare Island industrial clinic, are participating in the 1982 Sea Services Chess Championship now underway at Ft. Meade, Md.

Discount for military

Dwight and Pearl Tucker offer a discount to military personnel of NRMC Oakland at their Gourmet House of International Coffee, 4166 MacArthur Blvd., Oakland.

Their cafe features imported teas, cappuccino, expresso, soups, croissants and other pastries, sandwiches, candies, ice cream, etc.

It is open from 9 a.m. to 7 p.m., Monday through Saturday.

State Fair is on

One of the largest fairs in the nation, the California State Fair, opened Aug. 24 at its permanent exhibition grounds in Sacramento and will run through Sept. 6.

Admission is $5 per person weekdays; $7 weekends; children under 4 years of age, free.

The fair, which annually draws nearly a million visitors, features exhibits from all California counties, plus industrial and cultural displays, horse racing, top name entertainment, rides, carnivals, agricultural and stock judging, etc.

A fair official telephoned us this week to advise that Friday, Sept. 3 (today) is Military Day at the exposition. All military officers and enlisted personnel in uniform will be admitted free of charge to most attractions. The carnival section is excluded under this invitation.

Low food, fun cost with coupon book

Special Services is still offering a coupon book that gives 54 pages of "super discounts" to active duty, reserve and retired military personnel, and federal civilian employees and their dependents.

The discounted books, which sell for $3.50 each are good through March 31, 1983. They provide reduced prices at Arby's. Armadillo Pizza, Bonanza Steak, Burger King, Dandy Dogs, Denny's, H. Salt, Esq., IHOP, Mountain Mike's Pizza, Orange Julius, Pioneer Chicken, Rustler Steak House, Shakey's Pizza, Sizzler, Taco Bell, Taco Bravo, Taco Charly, Wendy's, and 7-Eleven.

Also, entertainment offered by the Blue and Gold Fleet, Earthquake Soccer, Golfland Miniature Golf, Guinness World of Unexplained, Haunted Gold Mine, Oakland A's, Old San Francisco, Ripley's Believe It or Not, Wax Museum, and Winchester Mystery House.



CELEBRATION TIME—"A Star Is Born" was the theme of a dinner dance hel here Aug. 13 to commemorate the 35th Anniversary of the Navy Medical Se vice Corps. The theme referred to the announcement of the corps' first one-st officer, Commodore Lou Angelo.

MOVIES

Friday, Sept. 3, 6:30 p.m.—THE BUSHIDO BLADE—Richard Boone, Frank Cor verse—Adventure/R

Saturday, Sept. 4, 1 p.m.—DIGBY, THE BIGGEST DOG IN THE WORLD—Ji Dale, Angela Douglas—Comedy/G

Saturday, Sept. 4, 6:30 p.m.—JUST BEFORE DAWN—Chris Lemmon, Debor Benson—Horror/R

Sunday, Sept. 5, 6:30 p.m.—BREAKTHROUGH—Richard Burton, Rod Steiger Action/PG

Monday, Sept. 6, NO MOVIE WILL BE SHOWN TODAY, HOLIDAY

Tuesday, Sept. 7, 6:30 p.m.—AMERICAN POP—Ron Thompson, Marya Small Musical Drama/Animation/R

Wednesday, Sept. 8, 6:30 p.m.—ANGEL OF H. E. A. T. —Marilyn Chambers Stephen Johnson—Action/R

Thursday, Sept. 9, 6:30 p.m.—THEY ALL LAUGHED—Ben Gazzara, Dorothy Stratten—Comedy/PG

Friday, Sept. 10, 6:30 p.m.—THE DEVIL AND MAX DEVLIN—Bill Cosby, Ellio Gould—Comedy/PG

Saturday, Sept. 11, 1 p.m.—GULLIVER'S TRAVELS—Animated/G

Saturday, Sept. 11, 6:30 p.m.—THE LEGEND OF ALFRED PACKER—Patric Dray, Ron Haines—Drama/PG

Sunday, Sept. 12, 6:30 p.m.—WING AND A PRAYER—Don Amache, Dan Andrews—Adventure/PG

Monday, Sept. 13, 6:30 p.m.—CHARLIE CHAN AND THE CURSE OF TH DRAGON QUEEN—Peter Ustinov, Richard Hatch—Comedy/PG

Tuesday, Sept. 14, 6:30 p.m.—THE BEAST WITHIN—Ronny Cox, Bibi Pesch Horror/R

Wednesday, Sept. 15, 6:30 p.m.—MEGAFORCE—Barry Bostwick—Michae Beck—Action/PG

Thursday, Sept. 16, 6:30 p.m.—DEADLY GAMES—Sam Groom, Steve Railsback—Drama/R

Photo contest announced

The U. S. Naval Institute's annual naval and maritime photo contest is under way. The contest is open to all civilian and military people, and both amateur and professional photographers may participate. Entries must pertain to naval or maritime subjects and may be black and white prints, color photographs or color transparencies.

Awards of $100 each will be given to the top 10 photographs selected by the institute as prize winners. Winning photos will be published in *Proceedings*, the monthly magazine published by the Naval Institute, and will be displayed at the institute's annual meeting.

Deadline for entries is Dec. 31, 1982. Contest rules are available by contacting the Membership Services Department, U. S. Naval Institute, Annapolis, Md. 21402, phone (301) 268-6110.

Sea World offers birthday discounts

In celebration of the 207th birthday of the Navy, Sea World will offer 30 percent discounts to Navy and Marine Corps personnel and their families, Oct. 2-17.

Families who visit the park will be treated to a new killer whale show, the entertaining dolphins troop, and a cameo appearance of Avalon the pilot whale. Also in the Underwater Theater continuous entertainment is presented. Many educational exhibits and scenic ponds are located throughout the park.

The coupons may be picked up at the Special Services Office at the Navy Exchange building. With the discount, adults will be admitted to Sea World for $6.95 and children, three through 11, for $4.85. Children under three will be admitted free. As an additional bonus, a 30 percent discount will also be in effect for behind-the-scenes guided tours.

U.S. Government Printing Office
1979-33235-689-150/11

**TRAVEL ON LESS PER DAY. . .
THE MILITARY WAY**



Looking for a low-cost vacation this year? Then perhaps you should consider traveling on less per day. . .the Military way. Two major all ranks R&R hotels, the KMC military resort on the island of Hawaii and the popular Sanno Hotel in Tokyo, are covered in depth in the Special Jumbo 11th Anniversary Issue of MILITARY LIVING'S R&R Report.

These two very different types of facilities are given the famous R&R Report blow-by-blow treatment with all the info needed to plan a low-cost vacation this year.

Also included in the birthday issue are features for those who want to hitch-hike on U.S. military aircraft, to include official hand-out info from military air terminals at Hickam AFB, Hawaii, the RAAF Base in Richmond, Australia and Elmendorf AFB in Alaska. In an upcoming issue, R&R will publish special charts giving complete info on Space A air travel out of all major U.S. terminals plus the MATCHU departure points from civilian airports.

A popular feature of Military Living's R&R Report is the CAMARADERIE department which serves as a clearinghouse for reader's trip reports and comments. Campers will also enjoy features on various military camping areas around the world.

In celebration of showing military families "how to travel on less per day. . .the military way," for over 11 years, Military Living's R&R Report is extending a one-time offer to military families. They will send you their special Jumbo Birthday Issue which includes the two R&R centers and a second surprise back issue for only $2 to cover their costs. Or, if you prefer, you may get an introductory one-year (six issues) subscription PLUS a FREE copy of the Jumbo issue for only $10. Please mention the words "Birthday Special!" Write to Military Living R&R, Birthday Special, PO Box 4010, Arlington, Va. 22204. Subscription orders are accepted by phone if you have a Visa or Mastercard. Sorry, no collect calls. Phone (703) 521-7703 or 521-2927.

Classifieds

FOR SALE

Kitchen Table, 54 x 30 x 30 high. Tressel with butcher block top, dark brown legs. Three dark brown legs. Three dark brown wooden chairs with matching table legs. 1-1/2 years old. Excellent condition. $125. Janet, Ext. 2524, 8 a.m. to 4 p.m.

THE
OAK LEAF
Naval Regional Medical Center, Oakland, California
Vol. 44, No. 18 Friday, September 17, 1982

CDR Shimer in charge

Navy Drug Screening Laboratory expands

The Chief of Naval Operations has reiterated his objectives and determination that the use and trafficking of illicit drugs be stamped out in the Navy. In a message dated Sept. 3, he stated, **"The war on drugs remains the same priority with the CNO as previously disseminated... we must not relent."**

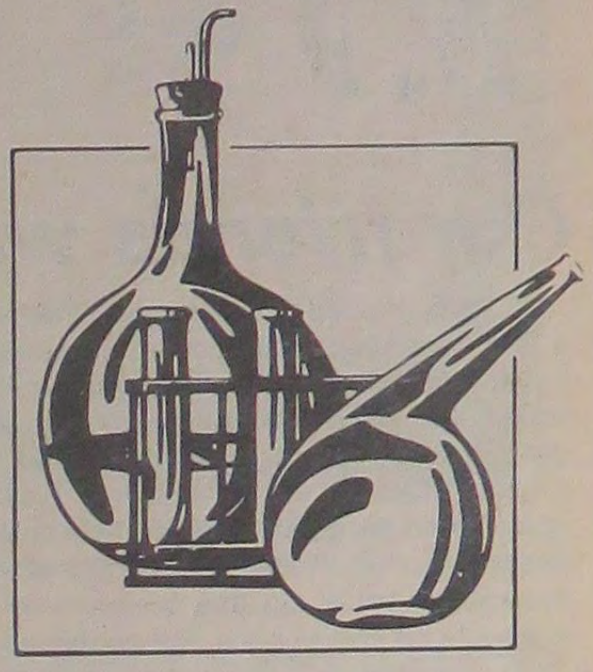
An immediate objective is for the five Navy Drug Screening Laboratories (NDSL) to increase productivity and provide a turn-around time of five working days on the testing of urine samples. In concert with this objective, all of the drug screening laboratories will be expanded immediately, with an influx of personnel and additional equipment.

The NDSL, Oakland will more than double in size over the next few weeks, with in excess of 50 additional military personnel reporting for at least five months temporary duty.

As part of our preparations to meet increased production needs and to provide the requisite program management, the Drug Screening Laboratory has been separated from Laboratory Service, and it is now a separate clinical service under the direction of Commander Gary Shimer, Medical Corps, U.S. Navy.

Dr. Shimer, who has recently reported from the Armed Forces Institute of Pathology, will have as his administrative officer Lieutenant Commander Paul Bolduc, Medical Service Corps, formerly assigned to the Preventive Medicine Service. MSC Lieutenant Commander David M. Kouns will continue to serve as head chemist.

"The expansion of the Drug Screening Laboratory is one of the highest priorities of the Navy Medical Department. I want the regular Oak Knoll staff to extend a warm welcome to those reporting in to lend a hand with this very important task," said Captain H. James T. Sears, Director of Clinical Services. **"They have been uprooted from their families and normal duties throughout the Continental United States, and we should do everything we can to help get them settled and make their tour of duty at NRMC Oakland a pleasant one. They have been sent here to help us."**



Two-week visit

OPM to evaluate personnel management here

Beginning Sept. 27, the Office of Personnel Management (OPM), successor to the Civil Service Commission, will conduct a personnel management evaluation at Naval Regional Medical Center, Oakland. The evaluation team will be here two weeks and will consist of representatives of OPM and the Western Field Division of the Navy Civilian Personnel Command. Thomas E. Mason of OPM will lead the team.

Employees and representatives of the International Brotherhood of Electrical Workers, who so desire, may talk with members of the evaluation team. While the members will be available to receive any information employees feel would benefit the team in conducting the evaluation, team members will not be in a position to take action on individual grievances or other problems of an individual nature.

Such information will only be used in evaluating the personnel program and in determining the need for possible improvements in personnel management.

Sherry Robinson of Civilian Personnel Service will be the coordinator for those desiring to talk with members of the team. She can be reached at Extension 2116. Members of the team may also be contacted directly during the evaluation. They will be located in the Civilian Personnel Training Room in Building 73B and may be reached at the same telephone extension. Since they will be conducting the evaluation away from the office during much of the time, early morning would be the best time to reach them. Contact may also be made by writing to the team leader, Mr. Mason, at the Office of Personnel Management, Western Region, 525 Market Street, 23rd Floor, San Francisco, CA 94105.

Any request to talk with members of the team should be received as near the beginning date of the evaluation as possible to minimize any possible conflicts in scheduling.

Medical Center's ER team ready for most emergencies

By Pat Heaphy

Emergency Medical Week, Sept. 12-18, has been set to make the public aware of hospital emergency departments throughout the United States and their contributions to the medical field. More than 82 million Americans visit emergency rooms in hospitals each year. Here at Naval Regional Medical Center Oakland, 1,500 are seen each month. Oak Knoll has qualified staff on duty, around the clock, with modern equipment and facilities to care for most any type of emergency.



ER TEAM AT WORK—In this simulated Code 4 situation, two physicians do the preliminary examination while a corpsman assists in taking the "patient's" vital signs.

Besides the civilian humanitarian cases, of which NRMC does its share, the bulk of our patients seen in the emergency room are retired or dependent; in fact, 75% of the workload comes from this group. Around 15% of the people seen in the emergency room each day are admitted as inpatients. The remainder, if care is not completed at the time of the initial visit, are directed to the proper clinic or facility for continued treatment.

The emergency room is manned by one staff physician and an intern as well as two nurses and two medical corpsmen. What seems to be chaos to the layman's eye is really a smooth-running emergency department. CDR Bernard Thomas, Chief of the Emergency Room and Primary Care, said that when patients come in the door a form of triage is done at the front desk. This includes testing for vital signs and determining basic nature of the visit. After this initial diagnosis the patient is cared for according to the severity of his or her illness or injury.

The emergency room is divided into six different patient care areas. The first is the Code Four Room, which at first look appears to resemble a stage for a science fiction movie. What it really is and how the qualified staff uses it makes the difference. The room is ready at any moment for the most extreme cases. The second most important room is the Chest Room. If a patient comes into the hospital with a chest pain or related problem, he is placed in that area where the best possible emergency equipment for that type of problem is readily available. Three areas are set aside for general emergencies and a fourth area is for gynecology patients.

At the present time, CDR Thomas said, the staff is working on making space available in the emergency room for people who come in with problems that do not need a bed or specific medical equipment. This, Dr. Thomas and his staff feel, will improve the emergency service by freeing space for the more urgent cases.

QA workshop next week

Quality Assurance committee members and the heads of several clinical services will attend a two day Quality Assurance/Risk Management workshop to be held here Sept. 23-24.

Serving as faculty will be instructors Eric Joseph and Paul Kessler of Care Communications, Inc.

Editorial---



Semana de Herencia Hispana 12-18 Septiembre 1982

President Ronald Reagan has proclaimed this week as National Hispanic Herita Week, in honor of the hispanic people who have enriched our daily lives, our tra tions and our national security.

The theme for this year's observance in the Department of Defense is "Hispani Americans: Progress in Military and Civilian Careers."

Secretary of Defense Caspar Weinberger, in a memorandum to top milita leaders, noted, "Hispanic-Americans have contributed significantly to the defense our nation. . . the Department of Defense owes a debt of gratitude to hispanics f their contributions to the culture, heritage and freedom of the nation."

President Reagan, in his proclamation, observed that "in times of war, Hispani Americans have defended our nation with pride and courage. Thirty-nine of the have received the Medal of Honor, America's highest military decoration. This is higher proportion of such heroes than in any other group, and we salute th sacrifices and courage."

Our friends write. . .

. . .I was treated at Oak Knoll Naval Hospital three times during the past week and a half. . . seen as an outpatient in the Primary Care Clinic.

I would like to express my appreciation to Dr. DeMarco for the competent, caring treatment which he provided on all three visits. Although he had an unusually demanding patient load, he gave me personalized attention throughout the week and he was thorough in his laboratory evaluations to help in my diagnosis. I especially appreciated his going the extra mile on consulting other physicians. Not only was he patient, but he made himself and other hospital services available to me on an emergency basis. On one occasion he worked me into an already over-crowded schedule on short notice and continued to give me professional, personalized care.

As a senior nursing student I recognize and appreciate a physician who goes above and beyond the call of duty. Please commend Dr. DeMarco on his professionalism and competent care.

I would also like to extend a special thank you to the corpsman who draws blood in the Lab. He is an asset to your staff and his humor helped when all else seemed rather dim.

I appreciate your staff of professionals.

DeLayne Roethe
Walnut Creek

• • •

(To Drs. Mary Burchell, Roberts, Dickey, Whitman, Haller, Allshouse, Kase and staff of ICU and Ward 6 North). . . I am writing this letter to all of you to express my sincere gratitude for the exceptional service you gave to me during my recent illness.

Before I entered the hospital, I asked the prayers of my brethren and sisters-in-Christ, that God would guide the hands that administer to my care. I now know with full assurance that those prayers were answered through each of you, and for this I am forever grateful. The dedicated and competent manner in which my surgeries were performed, and the tender loving care shown afterward during my recovery were instrumental in enabling me to regain my health as speedily as I have. Thank you, and may God bless each of you.

Mildred Perkins
Oakland

• • •

I'm going to try and inform you of the most kind and courteous service I've received from the hospital. This includes the doctors all the way to the corpsmen.

There is not enough they can do for you. If you happen to be out on cloud nine, they will ask if there's anything wrong or if they can do anything for you.

I can't even complain about the food, but there is one thing I'd like to say though. . . these nurses are overworked, but never have I heard one word of complaint. Sometimes after their shifts they really look beat.

I haven't been on all the wards but these facts are true for Wards 8S and 6N, and I might add, the Radiation Therapy people (civilians).

James E. Fleeman
Retired Enlisted

• • •

I would like to express my deepest appreciation and gratitude to the staff of the Alcohol Rehabilitation Service at your hospital. Their dedication and love have helped me considerably in making a new start on life.

This, I believe, is an extremely valuable service which helped me to renew my faith in myself and my fellow humans. Again, my sincerest thanks.

"Alan"
NAS Moffett Field

• • •

I would like to take this opportunity to compliment you on one of your apprentices, H.A. Cordier. I pick up the mail for Southern Illinois University daily, and I have been pleasantly impressed more than once.

Mr. Cordier is always dressed very neatly, and deals with people with a good, professional attitude. When I pick up the mail from him, he is fast, yet efficient, apparently perusing the mail to be sure it has been correctly placed in our slot.

What has prompted me to write this note is that a few days ago when our books for the next class arrived, Mr. Cordier was polite enough to help me by carrying the books to my car (40 books can be very heavy). Before this time, I usually had to struggle with the books, waiting outside the doors for some kind person to open them for me. Having Mr. Cordier assist me was certainly a welcome change. . .

Shelley Souza
Southern Illinois University

Command Line

'Brown Bag' Area

COMMENT: Can the command provide a pleasant lunchroom or area t those of us who "paper bag" it?

REPLY: It is unfortunate that many of the human aspects of engineering desig were not addressed in the construction of Building 500. The lack of an adequat facility for employees to eat lunches is certainly high on the list. This problem ha been addressed on many occasions since occupancy in 1968.

Alternatives have included sectioning off a portion of the main dining facility an allocation of areas on Floors 6 through 9. Regulations specifically prohibit "brow baggers" from eating with individuals who purchase meal tickets. The use o patient-care floors is not feasible when contingency requirements are considered

The issue is still active and alternatives are being developed by the Chief, Opera ing Management Service. Suggestions for a viable solution to this problem are mos welcome and should be addressed to LT M.P. Lawson, Chief, Operating Manage ment Service.

Getting a Fair Break

COMMENT: If I have a grievance how do I go about getting a fair break?

REPLY: The provisions of the grievance procedure are designed to give th employee a "fair break," but they must be used effectively. Possibly the most impor tant thing to do is to present the facts as reasonably as possible, avoiding angry inflammatory, or accusative statements. In other words, stick to the facts.

Another provision to assure a "fair break" is the right to a representative. A repre sentative need not be an attorney, although an attorney is permissible, but should b someone who can be relied on for assistance in presenting the grievance and ex plaining the employee's side of the matter.

The designation of the Chief of Service or equivalent as the deciding official i most formal grievances assures an employee with a grievance access to the highes level of management within a service.

If the Chief of Service is the one directly involved in the matter being grieved access is provided to a higher level as the deciding official. By using the provisions o the grievance procedures effectively, an employee can get a fair break.

• • •

(Correction: Command Line carried an item about uniform sales at the Nav Exchange in the Sept. 3 issue of Oak Leaf. The telephone number for assistance i ordering uniform merchandise was in error. Those who need help in ordering, shoul call Mary at ext. 2151.)



AMERICAN INDIAN WEEK BEGINS SEPTEMBER 24

NAVAL REGIONAL MEDICAL CENTER
OAKLAND, CALIFORNIA

RADM R. C. Elliott, MC, USN
Commanding Officer

CAPT H. James T. Sears, MC, USN, Director of Clinical Services

CDR C.R. Loar, MSC, USN
Administrative Services

Editor: Betty Beck

Editorial Clerk: Pat Heaphy

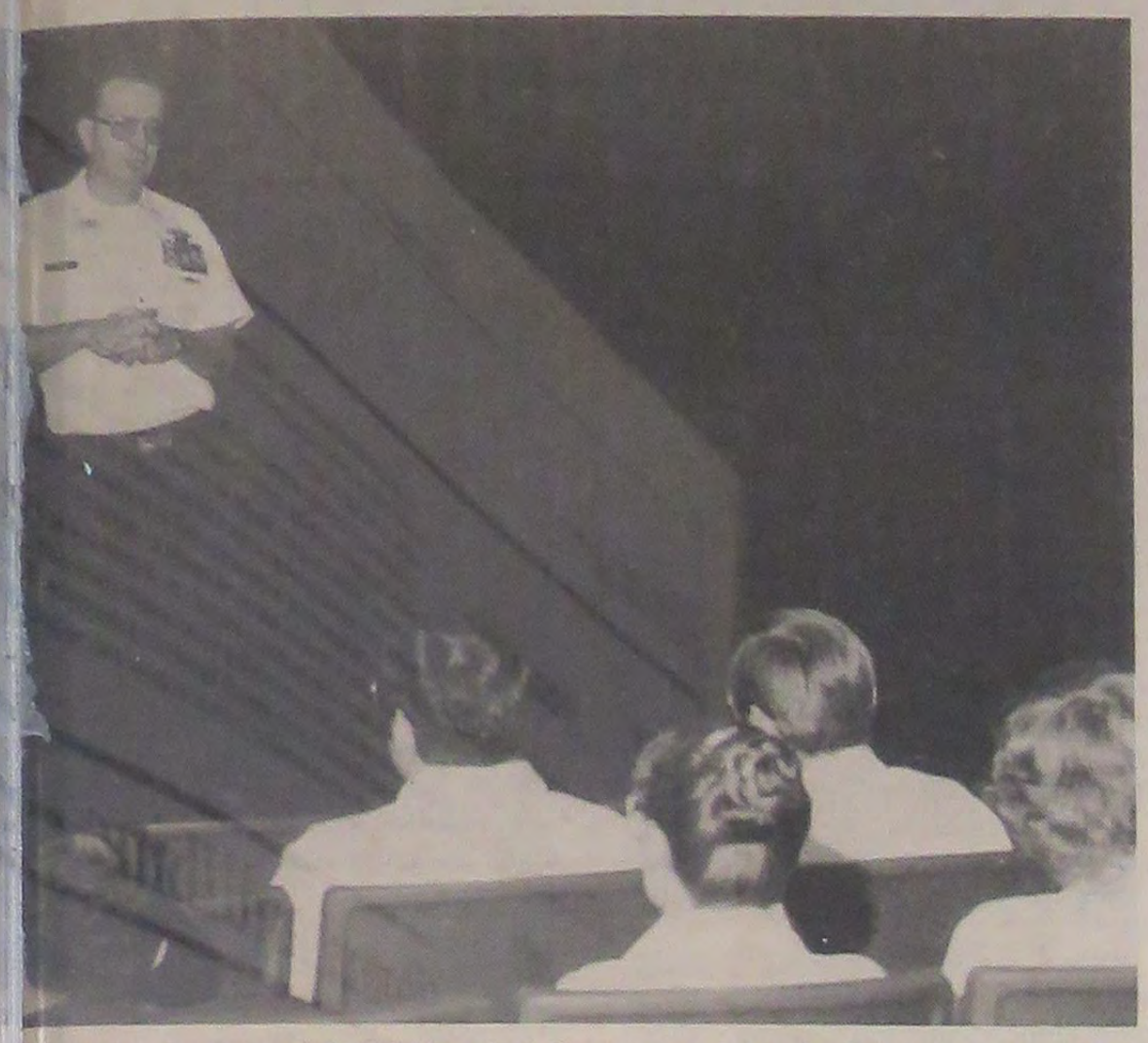
Photography: HM1 Garry Silk
HM2 Larry Marchionda

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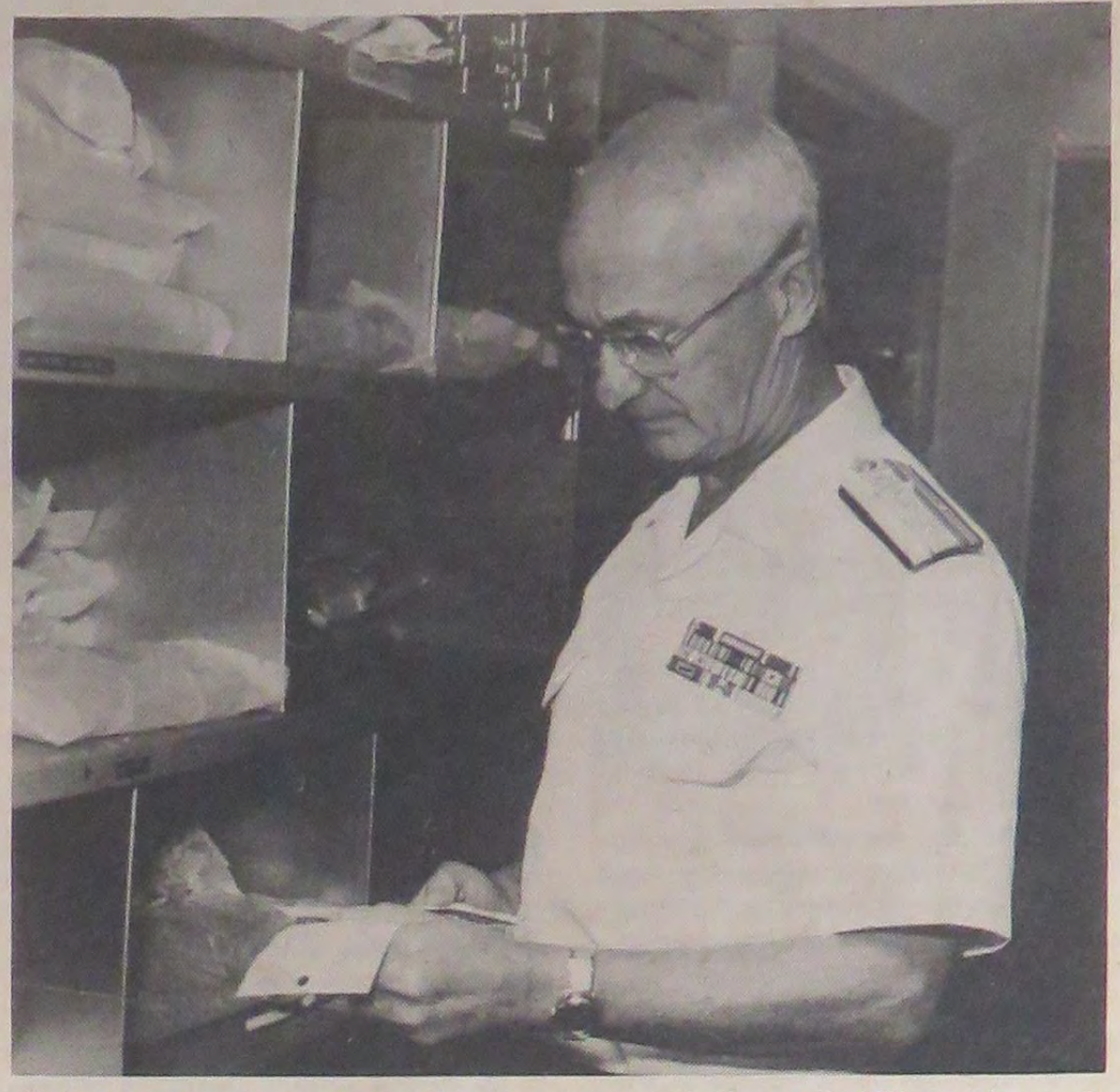
Opinions contained herein are not official expressions of the Department of the Navy. THE OAK LEAF receives American Forces Press Service and Navy News material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.

Inspector General and team visit NRMC Oakland



'S AND A'S–Master Chief Hospital Corpsman John Jackson answers ques-ions from the floor during a Clinical Assembly meeting with enlisted staff embers.



INSPECTING WARD SUPPLIES—Rear Admiral Roger F. Milnes, Inspector General (Medical) and team leader, checks supplies against records in one of the hospital's inpatient wards.



OMMON CAUSE—Cheryl Crosswell of the IG team evaluates the Equal ployment Opportunity program of the command, conferring with Weldon ies of the medical center staff.



HERB TO HERB—Herb Lindemann (l), Chief of Civilian Personnel, answers questions of IG team member Herb Margerum, whose normal duties are with the Western Field Division of the Naval Civilian Personnel Command in San Diego.



ONFERENCE—IG team members comparing notes are (clockwise): Captain arry Nelson, Captain Loyd Nichols, Commander Paul Johnson, Lieutenant ommander Wayne Glover and Lieutenant Commander Mary Frey.



DIFFICULT OPENING—Captain Bernadette McKay, Nurse Corps representative on the IG team gets some advice from two Oak Knoll nurses on how to open a packet of medication with a safety cap. The advisors are (l to r): Lieutenant Jean Thurber and Lieutenant Commander Sharon Figg.

(Another photo, Page 4)

New health care coordinator here

Captain James H. Black has taken over the billet of Regional Health Care Coordinator for this command. No stranger to Oakland, he was an occasional visitor here in his former position as Medical Corps Assignment Officer for the Bureau of Medicine and Surgery and the Naval Military Personnel Command.

Dr. Black is a flight surgeon who, in previous assignments, served as Senior Medical Officer of the USS RANGER (CV-61) and as Head of the Aviation Physical Examination Review Section of BuMed.

He has been in the Navy eight years and holds the Navy Commendation Medal and Sea Service ribbon.

Dr. Black attended Gettysburg College and the Philadelphia College of Osteopathic Medicine. His hometown is Camp Hill, Pa., where his parents still reside.

The captain, his wife JoAnn, and three of their children live in quarters on medical center grounds. Another daughter makes her home in Arlington, Va.

While stationed in the Virginia area, Captain Black officiated at local swim league meets and was a member of the board of directors for a community swim-tennis club. He also enjoys the sport of scuba-diving.

Other hobbies include travel and playing English hand bells.



CAPT James H. Black

Laboratory worker needed by CSR

Applications for the position of Laboratory Worker, WG-4, in Supply Service, Central Sterilizing Room, will be received through Sept. 22.

Only those qualified personnel who are Career and Career Conditional employees of Federal activities in the San Francisco Bay Area, VRA eligibles, reinstatement eligibles, and eligibles within reach on the appropriate Office of Personnel Management register will be considered.

Detailed information concerning qualification requirements may be obtained from Jennie Thompson, Extension 2116.

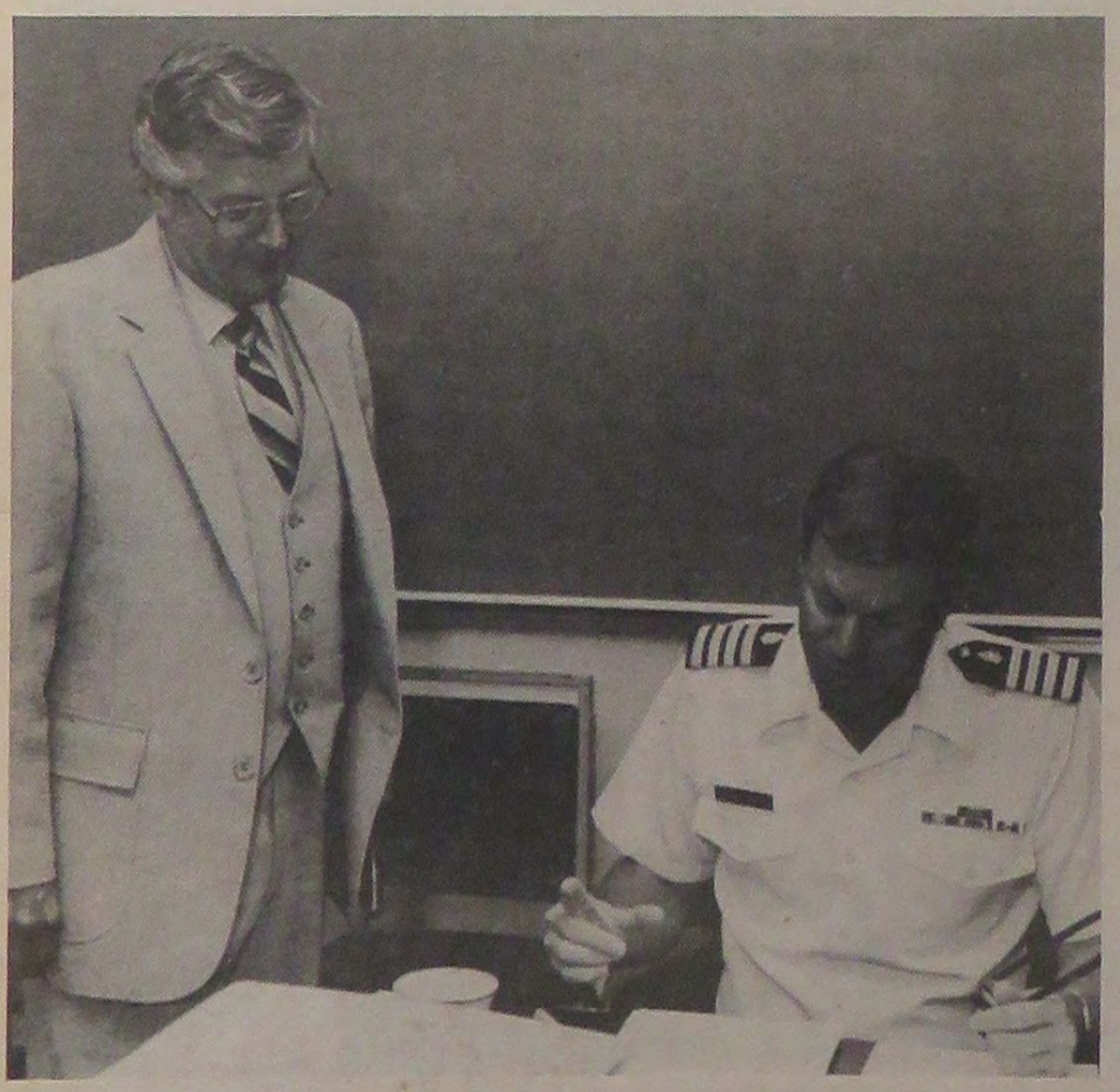
Tax bite may offer bonus for civilians

Civil Service employees who have worked only for the federal government and are anticipating retirement in the near future may find that it will be to their advantage to postpone retirement until after Jan. 1, 1983.

On that date, all federal employees will begin paying a new 1.3 percent tax for medicare benefits. These workers will qualify fully for medicare even if they work only a month after tax is levied. In some instances, if they continue their federal employee health benefits insurance, they can be covered up to 100 percent of hospital expenses. Also, by paying an optional $13 a month premium at age 65, and keeping the present health insurance in force, they can be reimbursed for doctors' bills, prescriptions, etc., up to 100 percent of the expense.

There is also a possibility that such retired employees may be able to transfer, at age 65, from high to low option on their health benefits plan and still have the same complete coverage.

Other federal employees who also qualify for Social Security retirement benefits from other jobs they held before government service would gain no advantage in postponing retirement until next year as they already qualify for medicare.



MORE INSPECTORS—M.W. ("Mort") Lockett and Captain Larry Nelson compare notes following a day's work at the hospital. Mr. Lockett's area of interest was instructional systems while Captain Nelson was most concerned with quality assurance.

CO addresses meeting

Better communications is civilian board's goal

Rear Admiral Robert C. Elliott, Commanding Officer, Naval Regional Medical Center, Oakland, addressed an Aug. 17 meeting of the Civilian Employee Advisory Board (CEAB), telling its members that they represent this center's workers to the command and serve as his advisors. He declared that he believes in giving explanations for his actions and expects honest feedback, better communication and support from the board in behalf of the civilian staff.

The commanding officer announced implementation of several methods for better communications, including weekly "Admiral's Call," with 20 to 30 employees at a time, the "Command Line" in Oak Leaf, an unannounced visit by the admiral to work areas and clinics for informal talks with personnel.

Other matters discussed included the roles of the Deputy Equal Employment Opportunity and Civilian Personnel Service staffs, the recruitment of members by the American Federation of Government Employees, the evaluation of civilian personnel matters by the Inspector General (Medical) team, and the parking problem of those working nights and weekends.

Complete minutes of each CEAB meeting will be posted on the bulletin board across from the main dining room on the third floor of the hospital.

Civilian employees who would like an issue discussed are encouraged to contact any of the following representatives directly: Robert Thompson, Supply Department (Ext. 2315), Beverly Billman, Alameda Branch Clinic (869-2978), Charlotte Simonson, Adolescent Clinic (2488), Betty Anderson, Special Chemistry (2219), Doris Parrish, Food Service (2493), Sam Barnett, Fire Department (2327), Deborah Elms, Food Service (2493), Kathleen Wade, OB/Gyn (2361), Quentin Moore, Housekeeping (2024), Jeanette Morgan, Surgery Office (2147), Elias Sellars, Transportation (2177), Paula Hammond, Housekeeping (2024), Eunice Turner, Laundry (2170), Arnoldo Sedayao, Public Works Center (2321), or James Crayton, Local Union 2297, I.B.E.W.

Darr to replace Rabold in Public Works Service

Lieutenant Commander Barney Rabold, Public Works Officer here for approximately three years, departed this week for a new billet on the staff of the Commander, Naval Air Forces, Atlantic (COMNAVAIRLANT) in Norfolk, Va.

Now reporting to assume the duties as Chief of Public Works Service at this command is Lieutenant Commander Roger Darr, a Civil Engineering Corps officer whose last assignment was in Diego Garcia.

24 PMTs complete studies, receive certificates today

Twenty-four newly certified Preventive Medicine Technicians are heading out today for new assignments following graduation ceremonies this morning in the Clinical Assembly.

HM2 Joseph E. Clark, the class valedictorian, is on his way to Okinawa where he will be assigned with the First Marine Air Wing, while class spokesman HM3 Alan H. Czuprinski will join the Third Force Service Support Group, also in Okinawa.

Other graduates and their new duty stations are: HM2 Doris L. Barry, Naval Weapons Center, China Lake, Calif.; HM3 Joe R. Cepeda, Brooklyn (NY) Naval Station Branch Clinic; HM3 Stephen M. Farmer, Navy Environmental and Preventive Medicine Unit (EPMU) No. 7, Naples, Italy; HM3 George V. Fivgas, EPMU No. 2, Norfolk, Va.; HM3 Barry S. Grubb, Third FSSG, Okinawa; HM3 Leslie B. Hopper, Mountain Warfare Training Center, Bridgeport, Calif.; HM3 Achim Inman, Treasure Island Branch Clinic; HM2 John R. Kercheval, USS ACADIA; HM2 John F. Kelly, Third FSSG, Okinawa; HM3 Gregory S. King, NRMC Pearl Harbor, Haw.; HM2 Deborah O. Langlois, NRMC Pensacola, Fla.

Also, HM1 Godofredo E. Macaranas, Third FSSG, Okinawa; HM2 Michael P. McMahon, 2nd Marine Division, FMFLANT, Camp Lejeune, N.C.; HM2 David R. Mickey, NRMC Yokosuka, Japan; HM1 Esmeraldo L. Ranches, 3rd Marine Air Wing, FMFPAC, El Toro, Calif.; HM3 Kelly D. Reber, USS PRAIRIE (AD-15); HM2 Randall E. Scott, EPMU No. 7, Naples, Italy; HM3 Patricia L. Severy, NARMC Pensacola, Fla.; HM2 Daniel L. Spicer, USS PROTEUS (AS-19); HM3 Michael L. Witt, 2nd Marine Division, FMFLANT, Camp Lejeune, N.C.; HM2 Michael L. Written, 1st Marine Division, FMFPAC, Camp Pendleton, Calif., and USCG HM2 Michael L. Grady, U.S. Coast Guard Training Center, Petaluma, Calif.

Oct. 1 deadline to enter contest

The Freedoms Foundation Essay Contest theme for 1982 is "Peace through Strength." The contest is open to members of the U.S. Armed Forces, including Navy, Marine Corps, Army, Air Force and Coast Guard, as well as to reserve components, National Guard, Reserve Officers Training Corps and Junior Reserve Officers Training Corps members.

The purpose of the contest is to stimulate the thoughts of service members on the subject of freedom in the United States and to call attention to the obligations of all citizens—particularly those serving in the Armed Forces—to maintain and protect this freedom.

Entries may be in the form of an essay or a poem and may be 100 to 500 words long. Each entry should include the following typed information: name, rank, social security number, branch of service and complete unit address, as well as permanent address and zip code.

Entries may be sent any time before Oct. 1, 1982 to Freedoms Foundation, Valley Forge, PA 19481.

Kudos . . . .

NAVY COMMENDATION MEDAL
Captain Frank Gareis, Medical rps, Pediatrics Service.

NAVY ACHIEVEMENT MEDAL
Chief Dental Technician Don Adams m 21st Dental Company, 1st Marine gade, Fleet Marine Force Pacific.

LETTER OF APPRECIATION
Hospital Corpsman Third Class othy Sherman, formerly of Urology rvice.

FROCKINGS TO LIEUTENANT NAVY NURSE CORPS
orge Bachman, Suzanne Basile, bra Carlton, Katherine Copps, Anne- D. Coulthirst, Deborah Driscoll, na Fricker, Carol Gibson, Beverly n Hall, Larry Jacobs, Katharyne L. nson, Margaret Landolff, Theresa nhart, Debra Lorick, Kathleen ndigan, Kevin J. Marty, David Manaway, Karen Malette, Mickhal ulden, Karen Nielsen, Valerie arantotto, Susanne Schallenberg, erman Lee Standiford, Louise Ther- ult, Richard Titus, Michael L. atkins, Laura Wotowic and Kathleen lliams.

omings and oings-----

"Fair winds and following seas" the following personnel who have ently departed this command:
Captain Jay L. Luhtala, Dental Corps, ed.
Lieutenant Commander Albert aker to Pensacola, Fla.
Hospitalman Cindy Wakefield, ased from active duty.
Ensign Patrick Lappert to Bethesda,

Hospital Corpsman Third Class othy Sherman, released from active

Hospitalman David DeKrey to USS AS (CGN-39).
Hospitalman James Smith, released n active duty.
Hospital Corpsman Second Class ven Givens to NRMC Corpus Christi,

Lieutenant Commander James le, released from active duty.
Lieutenant Commander Belen una to NWS Concord, Calif.
Hospitalman Bill A. Dargavel to 1st G, FMFPAC, Camp Pendleton,

• • •

"Welcome aboard" to newly ted:
Commander William A. Walker, Jr., Dental Service.
Lieutenant Peter Wolff, MC, Surgery vice.
Hospital Apprentice Brian Odom, ing Service.
Machinist's Mate Second Class d Burley, OOD's Desk.
Hospital Corpsman Third Class Kay- Elliott, Nursing Service.
Hospital Apprentice Donna Belfield, sing Service.
Chief Warrant Officer Second Bruce s, Primary Care, Moffett Branch c.
Lieutenant Commander Margaret np, Nursing Service.
Hospitalman Catherine Dunn, Nurs- Service.
Hospital Corpsman Second Class es Reynolds, Patient Affairs.
Hospital Corpsman Third Class d Osborn, Nuclear Medicine.
Hospital Apprentice Regina Carter, ing Service.
Hospital Corpsman Second Class e Pitcan, Nuclear Medicine.
Hospital Corpsman Third Class Jerry rito, X-Ray.
Hospital Corpsman Third Class ce Turner, Hypertension Clinic.

Emergency chief likes Bay Area



Commander Bernard S. Thomas, Jr., 37, Chief of the Emergency Room and Primary Care Service, is new to the command, and reports he is very happy about being here. "(I) requested duty in the Bay Area after 4½ years in Orlando, which is my home," he said.

Dr. Thomas earned a bachelor of arts from Johns Hopkins University and a medical doctorate from Duke University. He completed his internship and residency in internal medicine with the University of Florida.

In his nine years of Navy service, his assignments have been with the Third Marine Division, two tours at Naval Regional Medical Center Orlando, and an assignment with the Naval Support Force Antarctica (Operation Deep Freeze), which earned him the Antarctic Service Ribbon with Winter-Over disc. He also holds the Pistol Sharpshooter Medal, a Sea Service Ribbon, a National Defense Medal, and a Meritorious Unit Commendation.

He has completed field medical courses at both Camp Pendleton and Camp LeJeune, and an alcohol course at NRMC Long Beach.

The unmarried Navy physician lives in San Francisco and enjoys hobbies of sailing, cooking, travel and gardening.

Hospitalman Rebecca Banks, Nursing Service.

Captain David Fetters, Nuclear Medicine.

Hospitalman Lee E. Steinkamp, Information Desk.

Hospital Corpsman Third Class Jeffrey Hubert, Pharmacy.

Lieutenant Commander John Rowe, Pediatrics.

Lieutenant Keith Lee, Internal Medicine.

Hospital Corpsman Third Class Peter Carrillo, X-Ray School.

Hospital Corpsman Second Class Darlene Franklin, Operating Room.

Hospitalman Eric Pinder, Nursing Service.

Hospital Corpsman Third Class Donnie Brachey, X-Ray School.

HM3 Baucom best sailor

HM3 Azer D. Baucom, III, Master-at-Arms and Area Coordinator for Psychiatry Service, has been selected as Naval Regional Medical Center Oakland's Sailor of the Month for August.

Since reporting here nearly three years ago, he has held a variety of positions on Nursing Service in Psychiatry. Initially assigned as a staff technician on the Acute Care Unit, he gained a reputation for his ability to function as an active member of the multidisciplinary treatment team, establishing professional rapport with patients and their families. In his present position, which he has held more than a year, his leadership abilities have been highly visible, officials said, resulting in their nomination for him to receive the command honor.

In the Navy slightly under four years, Petty Officer Baucom completed both boot camp and corps school at Great Lakes, Ill., and neuropsychiatry training at San Antonio, Tex., and Portsmouth, Va. He was honorman of his class at boot camp and holds a letter of commendation for his efforts there.

Originally from Orangeburg, S.C., he attended Wingate College, Appalachian State University and North Carolina State University. When he completes his Navy hitch in November, he plans to return to college to major in either psychology or public relations.



HM3 Azer D. Baucom, III

Petty Officer Baucom and his wife Deborah were married about three weeks ago by Chaplain (LT) Jay Hoppus in a Berkeley Rose Garden ceremony. They make their home in San Leandro.

Baucom's main off-duty interest is tennis.

Leonard celebrates birthday and 40 Oak Knoll years

Lennie's Hobbies and Crafts Shop in the Union Plaza Shopping Center on Alvarado Niles Road was the site of Leonard Leal's 52nd birthday party and 40th year celebration of selling papers at Oak Knoll on Sept. 11.

In 1942 Leonard started a two week job as paper salesman at the Naval Hospital and he is still here. In celebration, Lennie invited all his friends from the hospital to his hobby shop for cake and champagne.

Leonard said, "lots of great people have been in the hospital and I knew many of them, including the late Fleet Admiral and Mrs. Nimitz."

Mr. Leal went on to say that there are good and bad people in the world and how a person is today depends on the way he was raised. The friendly Leonard, who spent his first nine years in a hospital for many operations due to birth defects, is one of those who must have been raised right.

New program for reserve doctors offers on-campus training setup

Doctors in the National Guard and Reserve will now find it easier to meet training requirements while completing their medical residency.

Under a new program initiated this summer, reserve medical officers may satisfy training requirements by performing liaison duties between civilian and military medical communities, teaching courses in military medicine, and providing on-campus contact for students and faculty members who want information about military medical programs.

Called the Reserve Physician Liaison Officer Program, the plan was designed to attract medical and surgical residents into the reserve components by offering them flexibility in meeting training requirements. In the past, reserve doctors often experienced conflicts between their medical residency schedules and training requirements.

Defense officials expect the program will be instituted soon in medical schools throughout the country and that it will help to resolve a critical shortage of physicians in the Guard and Reserves. It is estimated that, in the event of an armed conflict, two-thirds of the required military medical force would come from the Reserve Components. **(AFPS)**

New commander at Oakland AB

Leadership of the Defense Department's traffic management agency for the Western U.S. changed on Sept. 15 as Brig. Gen. Eugene R. Lanzillo relieved the departing commander, Brig. Gen. Charles H. Edmiston, in ceremonies at the Oakland Army Base.

Lanzillo comes to Oakland from command of the 4th Transportation Brigade in Oberursel, Germany. A graduate of Harvard University with a Master of Science degree in Transportation/Industrial Management from the University of Tennessee, Lanzillo has a long list of prestigious transportation and logistics assignments to his credit.

He also served as the Assistant Political Advisor to the Commander-in-Chief of the U. S. Army in Europe and was the Director of Political/Economic Studies at the Army War College.

Before his most recent tour of duty in Germany, he commanded the 7th Infantry Division Support Command at Fort Ord, California.

Edmiston leaves for a position as the Assistant Director for Plans, Programs and Policies of the Defense Logistics Agency in Washington, D.C. He has commanded the Military Traffic Management Command Western Area and Oakland Army Base since March 7, 1980.

Visiting professor to lecture here

Ernest L. Mazzaferri, M.D., Chairman of the Department of Medicine, University of Nevada School of Medicine, Reno, will visit Naval Regional Medical Center Oakland to give a presentation in the Clinical Assembly at 9 a.m. on Oct. 9.

Dr. Mazzaferri will speak on "Papillary and Follicular Thyroid Cancer, the Impact of Therapy."

His visit is sponsored by the Clinical Investigation Center.



THERAPY PAYOFF—ST2 Martin Jumper, NRMC Oakland's third successful toe-to-hand transplant patient, has put his recuperative time in Occupational Therapy to good use by crafting wooden toys for the Pediatrics Ward. The projects exercise his fingers and help develop coordination in the hand. Jumper is making good progress and can now distinguish different material through touch in the toe now functioning as a finger. Enjoying the finely finished toy trucks, boats, planes and cars is Nathan Whitehead, one of the Peds patients.

'All-fins' effort saves lad's life

A young boy swept into shark-infested seas July 31 owes his life to the crew of a Navy P-3 that stayed above him in the air and a dolphin that stayed beside him in the water.

The dolphin kept sharks at bay for three hours while the Navy plane conducted a methodical search, then guided a rescue boat to the spot where 11-year-old Nicky Christides was found floating helplessly.

The boy and some friends were playing with styrofoam paddle boards near the reefs surrounding the Cocos Islands when he was swept off his board, over the reef and out to sea. The islands, located in the Indian Ocean 800 miles southwest of Singapore, are inhabited by 200 Australians.

The Navy "Orion," assigned to Patrol Squadron Four at Barbers Point, Hawaii, and deployed to the Indian Ocean, was concluding an overnight stop in Cocos when the incident occurred. The crew quickly launched an air search.

The effort was hampered by 25-foot waves, but after searching more than two hours from 500 feet, LTJG Roger Rouleau sighted the boy in the water. The crew dropped smoke markers to keep him in sight and guided a rescue vessel to the area.

After his ordeal, Christides reported that a rescue boat had passed within 25 yards of him at one point, but heavy seas prevented him from being seen and wind overpowered his calls for help. The boy added that the dolphin never left his side. Island residents insist that sharks will not enter an area where a dolphin is swimming.

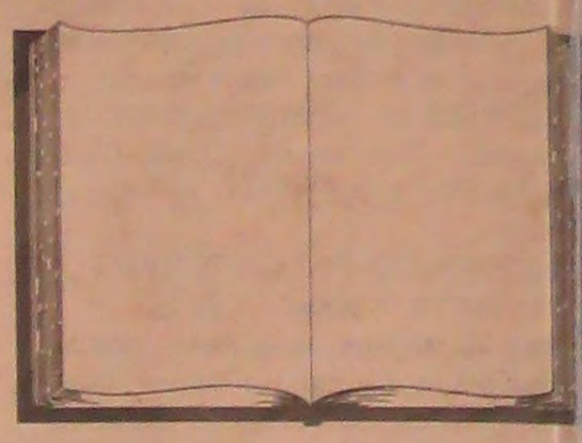
LCDR Jim B. Bock, Jr., was the aircraft commander during the successful rescue mission.



WELL DONE—HM3 Michael Williams, Health Records Technician at the NAS Fallon Branch Clinic, receives the congratulations of LCDR Gerald V. Meskill, the clinic's officer-in-charge following presentation of a letter of appreciation. Williams was lauded by RADM R.C. Elliott for his response to an aircraft accident on Runway 31 of the air station earlier this summer. According to reports, "he displayed a high degree of professionalism and tenacity in resuscitative efforts from time of arrival on the scene throughout transport and after arrival at the clinic."

A world of medical reference available in third deck library

By Jane C. O'Sullivan



The Medical Library in Room 3-4-6, across from the Clinical Assembly, is open from 7 a.m. to 8 p.m. Monday through Friday, except for Federal holidays. Any member of the NRMCO staff—officer, enlisted or civilian—may apply for a borrower's card and use the collections for an official program of health care, training, research or administration.

Staff privileges include: loan of books from the reading room, access to journals, self-service copying of articles, reference assistance for answering questions or locating material; and, if appropriate, computerized literature searches and interlibrary loan service from the biomedical library network.

The book selection process provides for any user to recommend a purchase, obtain approval of the chief of service, and submit the request for consideration and action. The library provides reader services and coordinates book and journal procurement for regional clinics. Funding supports graduate medical education and all other training programs of the center. (The library in Preventive Medicine School is organized as a branch of the main library.)

The Medical Library is not open to the general public or to patients; however, courtesy cards may be issued to spouses of staff members or to other health professionals who need access. Students from local colleges who are assigned to NRMCO under a memorandum of understanding may have library tours and access arranged by the instructors.

Many individuals or groups with special interests enjoy coming in for demonstrations of MEDLARS and other data bases. These reveal the time-saving applications of computer technology to the retrieval of biomedical literature. Some users adapt the principles and techniques to their private files. A researcher may send an assistant to the library to be trained in locating and copying articles, verifying citations, and preparing reference lists for publication.

Hospital employees are often surprised to find out how useful the reference section can be in their work. Special books such as dictionaries, nomenclatures, directories, standards, product and trade information, course catalogs and book lists, and many others, do not circulate, but are kept close to the public service desk to answer questions in the health care field. A few examples are: What is a keratome and who supplies it? How can I order a film from a firm just called "BNA"? Is Dr. So-and-so board certified, and what is his current address? What is the phone number of a hospital in a distant city? How can I write a... medical school, licensure board, society about their next meeting? Most important, questions can be answered about many special terms and definitions. Once a user has become familiar with the reference sources, he can call in specific questions on Extension 2031 rather than make a trip to the third deck.

Detained information about Medical Library policies and procedures is presented in NRMCOAKINST 5070.1C. The Chairman of the Medical Library Committee is Captain D.M. Lichtman, MC, Chief of Orthopedics; Assistant Chairman, Captain A.M. Gomes, NC; Regional Nurse Coordinator; Administrative Librarian, Jane O'Sullivan; Reference Librarian, Harriet Cohen; Daytime Technician, Peggy Ilac; P.M. Technician, Jane Riss. The staff has enjoyed the assistance of Sharon Wilson, a student from Technical High School, this summer, and hopes to continue this in the fall.

Alcohol abuse kills sailor

A Navy petty officer assigned to a Pacific Fleet frigate died recently at a nearby Naval Regional Medical Center where he had been taken for observation after falling into a river while on liberty. There, he stopped breathing and his heartbeat failed.

Cardiopulmonary resuscitation was administered, but was unsuccessful. The cause of death was listed as "acute alcohol intoxication."

Navy medics treat Russian

A Soviet seaman with a serious leg injury was recently transferred from his ship to the branch Navy hospital at Naval Station, Adak, Alaska, through the combined efforts of several station units.

The sailor was injured while aboard the Soviet fish processing ship "SULAK-UPIO." A distress call from the ship to the U. S. Coast Guard was relayed to Adak, since the ship was near the island.

The yard tug MECOSTA (YTB 818), with a team from the naval hospital on board, rendezvoused with the Soviet vessel about five miles off shore. The medical team then boarded the SULAK-UPIO to assess the extent of the seaman's injury and prepare him for transfer.

The injured man was placed on a stretcher and carefully lowered to the tug, which returned to Adak less than two hours after its departure. The seaman was taken to the branch hospital, where his condition was stabilized. He was transferred to an Anchorage hospital for further treatment the following day.

IN CASE OF FIRE, DIAL 333

Disabled vets get 'aids for living' in new VA program

The Veterans Administration is seeking seriously disabled veterans to participate in a new program of independent living services.

The goal of the program is to decrease the disabled veteran's dependence on services required from others in the family and community.

Independent living aids provided under the program may include housing modification, personal care attendants, artificial parts or limbs, transportation costs and training in independent living skills through coordination with other VA benefit progams.

The program is scheduled to continue through Fiscal Year 1985. An eligible disabled veteran may receive up to two years of services geared to increasing his or her level of independence.

Efforts are being made to explain the new benefits program in all 50 states and the District of Columbia.

Navy Relief supplements Red Cross assistance in periods of disaster

Although Navy Relief does not attempt to duplicate the work of American Red Cross as a national disaster relief agency, the Society stands ready to provide supplementary assistance to members of the Navy and Marine Corps and their dependents where needed in areas stricken by flood, storm, earthquake and similar occurrences. Although less spectacular, the assistance available from Navy Relief for individual catastrophes, such as home fires, is of equal importance to servicemembers.

There were no major disasters in the vicinity of Naval and Marine bases last year, but help with individual losses (primarily from fires) accounted for about $60,000 of Navy Relief assistance in 1981.

Navy Relief's first objective is to help meet the immediate needs of food, clothing, and temporary shelter. Thereafter the servicemember must face the often awesome task of reestablishing his household on a scale commensurate with his income. This can involve the replacement of clothing, furniture, household appliances and supplies. Few servicemembers have ready access to funds for this purpose.

Navy Relief stands ready to help its people get a new start with the basic necessities of life. It must be recognized, however, that neither Navy Relief nor Red Cross can "insure" your belongings. All service families are strongly urged to purchase household effects insurance. Only an up-to-date insurance policy will protect adequately against the financial devastation of personal property loss.

Computers chasing loan defaulters

In a memorandum to service chiefs and secretaries of the military departments, Defense Secretary Caspar Weinberger spoke of serious consequences for DoD employees with overdue federal loans.

Secretary Weinberger's memo warned:

"As part of the government-wide effort to improve collection of debts, federal agencies have cooperated in providing information for interagency computer matches to identify employees who have an outstanding debt owed the federal government. A recent such computer match of the civilian and military payroll records with defaulted student loan accounts disclosed a significant number of DoD personnel.

"The President's Council on Integrity and Efficiency will oversee and monitor this debt collection effort on a government-wide basis. When specific information is provided to the Department of Defense, I will expect your full and complete cooperation in actively seeking repayment of each legitimate debt owed the federal government by DoD personnel.

"Meanwhile, please try to advise all who are benefiting from any government loans to keep up their repayments, because any defaults by DoD employees will be dealt with seriously."

Student nurses get scholarships

About 300 nursing school scholarships are being offered by the Veterans Administration to qualified students. Tuition, educational expenses and a monthly stipend are included in the awards.

Participants are to repay the scholarships by working a required amount of time in a VA medical facility upon completion of their schooling. The following table shows the number of years of service in a VA facility needed to repay the scholarships of different lengths:

1- or 2-year scholarship—2 years of service; 3-year scholarship—3 years of service; 4-year scholarship—4 years of service.

Other than the obligation to work a set number of years, no other form of repayment is required. While serving in VA medical facilities, participants will be regular salaried nurses.

To find out more about the program write to:
VA Health Professional Scholarship Program
Office of Academic Affairs
Att. DM&S (14N)
810 Vermont Ave., NW
Washington, DC 20420



SUMMER READERS—Melissa Curran, her sister Stephanie, and Lamie Ann Dela Cuesta proudly display the reading achievement awards they received this week from the medical center's General Library. The girls read at least 15 different books from the library during their summer vacation from school.

Some organic food not 'all' natural

If you shop at health food stores because you don't like the thought of eating things that may have been exposed to chemical pesticides, you may be kidding yourself.

Researchers at Wayne State and Michigan State Universities bought 10 brands of bread—five from health food stores and five from supermarkets. All 10 samples contained traces of pesticide residue.

In 1979 the Departments of Agriculture and Interior found that five out of six heads of organic lettuce bought at six health food stores contained pesticide residue. The level of the pesticide residue in one of the heads exceeded that of nonorganic lettuce purchased at supermarkets. The residue levels for both bread and lettuce, however, were within the limits allowed by the federal agencies.

The Department of Agriculture defines "organic food" as food free from synthetic fertilizers, pesticides, growth regulators and chemical additives.

While most organic foods are probably free from industrial chemicals, some may contain pesticide residues, which can remain in the soil for years after applications have stopped. Residues may also come from nearby farms in dust, wind and rainfall.

VA advises:
Safeguard records!

The Veterans Administration today reminded veterans and their families to safeguard important documents relating to military service, marriage, life insurance and VA correspondence.

Discharge papers, marriage certificates or child custody evidence should be secured from fire, theft or loss. This could be, according to the VA, one of the most important legacies a veteran can leave his family.

Other documents that should be protected and filed with other family papers are government and commercial life insurance policies, any VA correspondence with identifying claim numbers, social security numbers, wills and, where applicable, naturalization papers.

Further, veterans and their families should be aware of survivors benefits such as VA pensions, dependency and indemnity compensation (DIC) for service-connected death, burial benefits and interment in a national cemetery.

Assistance concerning VA-administered benefits is available at all of the Agency's offices, or at veterans service organizations or county service offices.

New VA research on 'Agent Orange'

The Veterans Administration's scientific inquiry into health related effects of Agent Orange will be enhanced by 10 new research projects approved and funded by the agency.

The new projects are supported for up to five years with VA research funds in excess of $2 million, and were selected from proposals submitted by individual investigators working in VA medical centers across the country.

The scientists responded to a request for new research proposals issued by the VA's Medical Research Service, which specified a biochemical, physiological or toxicological focus on the delayed effects of exposure to Agent Orange and Agent Blue.

The projects primarily involve animal studies, but human tissue cultures will be analyzed in some of the experiments. Specific approaches range from behavioral observations of laboratory animals exposed to the defoliants used in Vietnam to biochemical studies of fat metabolism.

The San Francisco 'Fort Miley' medical center has been selected as one of the sites where the new studies will be conducted.



The following additions to the medical "family" have arrived at Oak Knoll:

A baby girl to Hospitalman Sharron L. Allen (Nutt), Mare Island Branch Clinic, and her husband Samuel E. Nutt, Aug. 26.

A baby girl to Dental Corpsman Third Class Dino Y. Smith, USS WABASH (AOR 5), and his wife Charlene, Sept. 2.

A baby girl to Hospitalman Anthony Dunlap, Emergency Room, and his wife Toni, Sept. 2.

A baby boy to Hospitalman Margaret Louis Kaczor (Harper), Hypertension Clinic, and her husband Tony L. Harper, Sept. 4.

A baby boy to Hospital Corpsman Third Class Terri D. Hamilton, Neurology, and her husband Michael, Sept. 6.

ALCOHOL

Having a baby is a time to take special care of yourself. When you're pregnant, everything you eat and drink affects the child you are carrying.

Drinking beer, wine or liquor may hurt your baby. Heavy drinking can result in serious permanent mental and physical birth defects.

Alcohol is not something to be taken lightly during pregnancy. For baby's sake . . . and yours . . . the safest choice is not to drink during pregnancy.

For more information, write the National Clearinghouse for Alcohol Information, Box 2345, Rockville, MD 20852.

NIAAA

IS NOT FOR UNBORN BABIES

Cross country races slated here Sept. 25

Cross Country season is here and you need not be "fast" to participate on the now forming Naval Regional Medical Center team. CDR Tom Dresser said "it's your chance to be on a championship team and everyone is welcome to participate. Entries are unlimited."

The Central Pacific Regional Cross Country Championship will be held at Oak Knoll on Sept. 25 at 10 a.m. Participants must register with the race director no later than 9:30 a.m.

The race, which will begin at the base swimming pool, will cover a six mile course. Awards will be given in the open, senior (35 years and over) and women's divisions.

For further information call CDR Dresser at Ext. 2526.

'Seagull' run slated at TI

Treasure Island Special Services is sponsoring a "Seagull" run of the island on Saturday, Oct. 23, at 8:30 a.m. The run will include 5 and 10-kilometer races, with the 5K encircling Treasure Island and the 10K covering both Treasure and Yerba Buena Islands. You may choose either course on race day.

There is a $6 pre-registration fee before Friday, Oct. 8. Packets will be mailed to all entrants. Race day registration is $7, 6:30-8 a.m. only. Please register early.

Take Treasure Island exit from Bay Bridge. Personnel at the main gate direct you to parking (Athletic Ave. M) and race starting line. T-s will go to all finishers. Refreshm will be served and first and se place awards made.

Proceeds will benefit youth acti at Treasure Island. For more infom call 765-6361 or 765-5088 bet 7:30 a.m. and 4 p.m. weekdays.

Drowning third cause of injury deaths in United States

In 1980, 7,000 drownings, primarily associated with recreational activities, occurred in the United States. After motor vehicle and fall deaths, drownings are the third leading cause of unintentional injury deaths, and for ages 5 to 44, rank second only to motor vehicle deaths. Data show that death rates from drowning are more than five times greater for males than females and nearly three times greater for blacks than whites.

It is often assumed that most aquatic deaths occur in swimming pools, but pools account for only about 10 percent of all reported drownings; persons are more likely to drown in lakes, rivers or oceans. Quarries, pits, ornamental ponds and bathtubs add to the toll. Residential home pools, however, do play a major role in childhood drownings when toddlers fall or wander into them. There is strong evidence that adequate fencing and self-latching gates substantially reduce the number of childhood drownings and virtually eliminate drownings among toddlers.

Although no precise statistical data exist on the total number of water-related injuries, it is estimated that 140,000 injuries associated solely with swimming activities occur annually. Diving and head-first sliding into water account for the most serious aquatic injuries because of damage to spinal cords, often as a result of striking the bottom or side of a shallow body of water. Of the estimated 700 spinal cord injuries resulting from aquatic accidents each year, the majority are sufficiently serious to cause permanent paralysis. A 10-year study of 152 sports-related cervical spinal cord injuries shows that three water-related activities—diving, surfing and water skiing—accounted for 77 percent of all reported spinal injuries. Spinal cord injuries from diving alone exceed the total reported from all other sports combined.

The data below identify three additional factors that significantly influence aquatic deaths and injuries:

1. In recent years, residential spa and hot tub use has markedly increased. In 1980, an estimated 1,100 persons with spa or hot tub injuries required emergency room treatment, as compared with only 200 the previous year. Alcohol was cited as a contributory factor in 12 of 30 residential spa-associated deaths reported to the Consumer Product Safety Commission since 1979. The high temperatures of spas and hot tubs combined with a moderate level of alcohol in the blood stream tend to accelerate drowsiness. Death often results from drowning after a victim falls asleep.

2. Coast Guard data shows that 7 percent of the boats involved in mishaps lacked available and accessible personal flotation devices, but this 7 percent accounted for 29 percent of fatalities.

3. Onboard and overboard falls contributed from 20 to over 30 percent of water-related fatalities, often when the victim was undertaking an activity other than boating.

Many complex factors, both human and environmental, relate to water safety, including pre-existing illness and alcohol. Alcohol consumption is often cited as an indisputable factor in drowning and injury. One study shows that 47 percent of adults who drowned had evidence of alcohol in their blood. Many other studies support these findings and indicate that positive blood-alcohol tests on drowning victims are especially common, even among experienced swimmers. **(U. S. Department of Health and Human Services).**

HUNTING HINTS



"I didn't know it was loaded."

"We were only going out for the day and the weather was supposed to be nice."

"I never got lost in the woods back home."

Statistics show that 90 percent of all hunting accidents are the result of carelessness or ignorance.

There are ten basic commandments of firearms safety which every hunter should follow.

1. Treat every gun with the respect due a loaded gun.
2. Watch the muzzle.
3. Unload guns when not in use.
4. Be sure barrel and action are clear of obstructions.
5. Be sure of your target.
6. Never point a gun at anything you do not want to shoot.
7. Never climb a fence or tree, or jump a ditch with a loaded gun.
8. Never shoot a bullet at a flat, hard surface.
9. Store guns and ammunition separately.
10. Avoid alcoholic beverages before and during shooting.

When you go hunting, always remember to let someone know where you are going and when to expect your return. Don't travel alone, especially in rough terrain. Plan your activity, and be aware of the terrain and landmarks. Take enough food for a few extra days, and have basic survival equipment and proper clothing. Be familiar with first aid procedures.

Service charge for layaways

Customers using the layaway program at Army and Air Force exchanges will now pay a $1 service charge at the time of the transaction.

The service charge was found necessary after an exchange survey showed processing costs for each layaway sale to be over $2. Most retailers charge customers a $2 fee for the service, but the exchanges, officials said, will still absorb most costs.

The previously existing $3 layaway cancellation fee has been discontinued.

Skeet, trap eve set for Alameda

The Central Pacific Regional S and Trap Championship will be Sept. 25-26 at NAS Alameda. Sq ding for participants will be at 8 a

Teams of four shooters, plus alternate, may be entered from naval activity. Naval Reservists, Reserve and retired naval personne allowed to fire as individuals. All pa pants must furnish their own wea and ammunitions; targets will be nished.

International style skeet regula and American style trap regulations govern the match and the design director will be GMGC Bill Callahan

Awards will be given by the RSF Recreations Section. For further in mation call Ron Brown at ext. 235

Greater discounts offe

Looking for something to do v the family, and save money at the s time? Sea World, San Diego's fam aquatic park, is offering discounts up to $3 on advanced ticket purcha These discounts are available to tary and civilian Department of Defe personnel through advanced tic sales at Special Services, and effective through Dec. 31.

Sea World offers many attracti for the entire family with sho designed to entertain as well as e cate. Some of the attractions includ new killer whale show, and a lagoon featuring the combined tale of the bottlenosed dolphin and the p whale. There are also other entertain features like the walrus show, seal otter show, white whales from arctic, plus the new Sparkletts Wa Fantasy, and the scenic Fuji Japane Village.

★ ★ ★ MOVIES ★ ★ ★

Friday, Sept. 17, 6:30 p.m.—FORT APACHE, THE BRONX—Paul Newman Asner—Action/R

Saturday, Sept. 18, 1 p.m—MR. HOPPITY GOES TO TOWN—Animated—

Saturday, Sept. 18, 6:30 p.m.—THE FUNHOUSE—Cooper Huckabee, M Chapin—Horror/R

Sunday, Sept. 19, 6:30 p.m.—KING OF THE MOUNTAIN—Harry Hamlin, Jos Bottoms—Drama/R

Monday, Sept. 20, 6:30 p.m.—INSIDE MOVES—John Savage, David Mors Drama/PG

Tuesday, Sept. 21, 6:30 p.m.—A NIGHTINGALE SANG IN BERKE SQUARE—Richard Jordan, Oliver Tobias—Comedy Drama/PG

Wednesday, Sept. 22, 6:30 p.m.—VIRUS—Glenn Ford, Chuck Connor Drama/PG

Thursday, Sept. 23, 6:30 p.m.—A LITTLE SEX—Tim Matheson, K Capshaw—Comedy Drama/R

Friday, Sept. 24, 6:30 p.m.—THE FOUR SEASONS—Alan Alda, Carol Burne Comedy/PG

Saturday, Sept. 25, 1 p.m.—ONCE UPON A TIME—Animated/G

Saturday, Sept. 25, 6:30 p.m.—THE FINAL CONFLICT—Sam Neill, Ross Brazzi—Horror/R

Sunday, Sept. 26, 6:30 p.m.—THE BEDFORD INCIDENT—Richard Widm Sidney Poitier—Drama/PG

Monday, Sept. 27, 6:30 p.m.—SPINX—Lesley Anne Down, Frank Langell Adventure/PG

Tuesday, Sept. 28, 6:30 p.m.—CAT PEOPLE—Natassia Kinski, Malc McDowell—Drama/R

Wednesday, Sept. 29, 6:30 p.m.—PLAY DEAD—Yvonne De Carlo, Steph Dunnam—Thriller/R

Thursday, Sept. 30, 6:30 p.m.—PARADISE—Willie Aames, Phoebe Cate Adventure/R



NEW FREEBEE—Oak Knoll personnel may get a Funny Money certificate for each ticket to Great America purchased through Special Services (Room 216). This entitles the bearer to $5 worth of games, merchandise or food at the amusement park. New park hours through Oct. 24 are 10 a.m. to 8 p.m., except for Oct. 30 and 31, when the park will stay open until midnight.

Classified

FOR SALE

AUTO—1971 Ford Torino, 2-dr. Small V-8. Very dependable second car. $800. HM2 Johnson, Ext. 2511.

• • •

BIKES—Men's 10-speed, $35; Women's 5-speed, $15. Both in excellent condition. Dr. Golden, Ext. 2087.

U.S. Government Printing Office
1979-33235-689-150/12

THE OAK LEAF

Naval Regional Medical Center Oakland, California

44, No. 18 Friday, October 1, 1982

leet Week plans announced

leet Week, beginning Oct. 15, is an ual celebration hosted by the Mayor the City of San Francisco to extend varm hand of welcome to show rtfelt appreciation for the invaluable vice rendered by the men and men of the fleet."

here are events, including dinners receptions, scheduled throughout week for the men and women of fleet. Planning is well underway.

On Oct. 15, 13 Navy warships will er San Francisco Bay and pass in iew. A 17-gun salute will be fired as ships pass Treasure Island for the ning ceremony of a long weekend elebration of Fleet Week 1982 and Navy's 207th Birthday. Planned for opening ceremonies will be a copter flyover, Navy Special Boat t 11 demonstrations, drill teams, Navy Band, and welcoming remarks Mayor Dianne Feinstein and the mmander in Chief, U.S. Pacific et, Admiral S.R. Foley, Jr., USN.

Other major events include the Fleet ek 1982/Navy Birthday Ball on urday, Oct. 16, a Navy-City softball npetition on Saturday morning, a nda celebration on Sunday evening, and a luncheon at the St. Francis Hotel with guest speaker Admiral Foley at noon on Monday, Oct. 18.

Visiting ships will conduct static displays and open house daily; divine services will be offered on Sunday onboard USS NEW ORLEANS; and Navy Special Boat Unit rides will be available on the Embarcadero, **where Naval Regional Medical Center Oakland also plans a demonstration/ exhibit in conjunction with ships' open houses.**

Specifics follow:

Friday, Oct. 15—Fleet Week pass in review, 11 a.m. under the Golden Gate; ceremonies commence on Treasure Island. All interested military/ cviilians invited to join at the reviewing stand.

Saturday, Oct. 16—Navy versus City softball games at San Francisco Lang Field (Turk and Gough Streets). First game begins at 9 a.m.; second immediately following. Come out and support your Navy team. The city will support theirs.

Saturday, Oct. 16—Fleet Week 1982/Navy 207th Birthday Ball at the

(Continued to page 3)

Asst SECNAV to speak here

As part of the Navy Week celebration, the Oakland Council of the Navy League of the United States will hold an Oct. 14 evening event at the Oak Knoll Officers' Club, with the Honorable John S. Herrington, Assistant Secretary of the Navy, Manpower and Reserve Affairs, as guest speaker.

The program will honor the Outstanding Reserve of the year from the maritime services—Navy, Marine Corps and Coast Guard. Several flag officers, including Vice Admiral Charles E. Larkin, Commander, Pacific Area and Twelfth Coast Guard District, are expected to attend.

Cocktails will be served at 6:30 p.m., followed by an hour of music from the United States Navy Band and dinner at 8 p.m.

Navy League members, spouses, friends and all military personnel are invited to attend. Since admittance will be reservation only and a very large turnout is expected, reservations should be made early by sending a check in the sum of $17.50 per person to Dave Silverman, Treasurer, 4746 Mountain Blvd., Oakland, Calif. 94619.

Additional information may be obtained from the NRMC Oakland Public Affairs Office.



O TREATMENT—HM3 Dave Camlin (l) and HN Sam Nutt wheel a stricken ilor into the treatment room at Mare Island Naval Support Activity Branch linic. For feature on both Mare Island clinics, see Pages 8, 9, 10.



SHE'S GOT THE BALL—Navy Nurse Corps Lieutenant Commander Margaret L. ("Mickey") Burns, Combined Federal Campaign chairman for NRMC Oakland, receives a symbolic CFC football from former star wide receiver R.C. Owens of the San Francisco 49ers during a campaign kick-off on Sept. 17 at the Presidio of San Francisco. Owens, who gained fame for his reception of many clutch, "alley-oop" passes, is today a special assistant for "Niner" public relations. (Photo courtesy of U. S. Army)

Combined Federal Campaign underway

The annual Combined Federal Campaign (CFC) is underway and will continue throughout October at Naval Regional Medical Center Oakland under the direction of LCDR "Mickey" Burns, Oncology Nurse Specialist.

A kickoff meeting with key workers was held yesterday in the Clinical Assembly. Each was selected by his or her chief of service for "high motivation and enthusiasm."

"More Than Ever Before" is the theme of this year's drive, and according to Navy Captain Richard L. Slater, San Francisco Bay Area Chairman, "in today's changing economic and social climate, your generosity is needed *more than ever before.*"

CFC is the authorized fundraising vehicle through which federal employees are asked to give at their worksites. It is a single, unified campaign for all federal personnel. The proceeds contribute to the support of more than 300 agencies which help people around the world, and donors may designate the specific agency or agencies they wish to support. In this era of high unemployment, crime, unaffordable housing and the multitude of difficulties that plague our friends, neighbors, relatives and many others who live in our communities, CFC provides an opportunity for us to continue the American tradition of caring and sharing.

Last year Oak Knoll personnel donated more than $29,000. Officials hope the 1982 campaign will raise *more than ever before.*

Lichtman selected to receive AMSUS Philip Hench Award

Captain David M. Lichtman, Chief of Orthopedics and Head, Hand Surgery Service at Naval Regional Medical Center, Oakland, recently received notice that he has been selected by the Association of Military Surgeons of the United States to receive the 1982 Philip Hench Award.

This award is given in memory of Dr. Philip S. Hench, who first used cortisone in the treatment of arthritis. It is presented annually for "outstanding contributions in the field of rheumatology and arthritis."

Dr. Lichtman will receive the honor during a special awards program in Orlando, Fla. on Oct. 18. A plaque and an honorarium of $1,000 will be presented.

In a congratulatory note to the winner, Vice Admiral J. William Cox, Surgeon General of the Navy, wrote, "... it is especially rewarding to know that you have been recognized in this manner. I am also aware of your meaningful contributions to Navy Medicine which extend far beyond the limited scope of the award. Your devoted service to the various residency programs at NRMC Oakland are widely acknowledged by your peers."

Dr. Lichtman, assigned to the Oak Knoll staff since 1977, has lead a local team of Navy microsurgeons in the replantation of toes to stumps of severed fingers, and on Jan. 20, 1981, made the first reported successful transplantation of a patient's two toes to the stumps of a thumb and opposable digit. That surgery allowed a Navy

(Continued to page 3)



CAPT David M. Lichtman

Editorial---

The changing roles of military medicine

Editor's Note: The following remarks were made by Vice Admiral J. William Cox, Navy Surgeon General, at a Sept. 1, 1982 commissioning ceremony of Naval Hospital, Bethesda, Md.)

Today is a signal day in the long history of the Medical Department.

Today we embark on a course which I believe will lead to enhanced effectiveness of our health care system.

Today we realign ourselves to better serve our patients, our Navy/Marine Corps team, and our nation. But today didn't just happen. First, we had to recognize the need for change; second, we had to decide how and what to change. All of this is not yet accomplished. Several decisions are yet to be made. But change we will—and change for the better.

But why change? What needs change? To answer, we must look to the past. During the past decade, we reverted to a peacetime health care system. During this period, manpower resources declined. We shouldered many new responsibilities and taskings. The technology of medicine took a gigantic forward leap; our retired population and their dependents grew from about 360,000 to over one million; medical regionalization brought hundreds of outpatient clinics under our management. Expanded and new programs such as occupational health and drug testing demanded our attention. At the same time we were faced with a change in society and its attitudes; we eliminated the draft as a ready source of physicians. Ever-increasing civilian influences developed in the form of health systems agencies, quality assurance/risk management criteria, and accreditation and regulatory agencies, to cite only a few.

We slowly drifted towards a more civilian approach to management. We formed committees for everything. In fact, the revised accreditation standards required them. We started to manage more by consensus than military authority, and we preoccupied ourselves with peacetime health care operations and criteria. Readiness training for our wartime mission was all but forgotten.

In the late 70s we realized what had happened. We initiated programs to correct our deficiencies in preparedness. We programmed the hardware—hospital ships, deployable medical facilities and equipment. We started training programs to prepare our personnel for their military contingency mission, and we began to emphasize once again good military order and discipline. These initiatives are readily apparent in the goals and objectives communicated to you not long after I took office. The response has been excellent and the change is already apparent. Much has been done. More remains to be done.

But what does this have to do with Bethesda? Well, certainly technology has a profound impact on the National Naval Medical Center. Just a quick tour arc this building will tell you this. Certainly medical regionalization has had an imp Today, this command is responsible for health care in Annapolis, Quantico, Patu River and through a network of outpatient clinics, care throughout the capital a You also have been tasked to support a university, the Health Sciences Educa and Training Command, the Naval Medical Research Command, and numerous c activities on your own compound. Certainly the explosion in our retired and de dent population has had a major impact on your health care delivery system. yes, NNMC too became preoccupied with its peacetime role over the years.

The result of all these additional responsibilities put a tremendous strain on management of the medical center. The management staff was inundated w regional problems, base support functions, and consumer demands. The comma ing officer had over 25 different department heads, commanding officers and c officials reporting directly to him. As a result, management of the Bethesda Hos component of NNMC did not receive all the attention it required.

Today we correct this. The broad responsibilities of the medical center will be in the capable hands of Rear Admiral Crews and a most able administrative s The management of the region and the support to the tenant commands will rec the attention they deserve. By establishing the naval hospital as a separate com nent command, with Captain Quinn as its commanding officer, he can focus attention on patient care management and ensure that this hospital maintains reputation for excellence in the future. To assist him in the process, the new c mand is structured to provide clear lines of authority and accountability that confident will improve our efficiency, military effectiveness, responsiveness to needs of the Navy and our patients, and maintain the high standards of care.

However, organizational restructuring is only part of the renewal. All of you w are a part of the medical center and the Naval Hospital Bethesda will play a cru role in the success of this endeavor. Your attitudes, your dedication, your supp and your leadership will determine our final success. I challenge each of you to m changes within yourself that will permit this new organization to provide the b health care possible in an efficient and cost effective manner. Dedicate yoursel your profession, your command, and your Navy. Together you can make this a mo for the rest of the Medical Department.

INTERNATIONAL BROTHERHOOD OF ELECTRICAL WORKERS

IBEW **LOCAL UNION No. 2297** GOVERNMENT EMPLOYEES

P. O. BOX 1385 • ALAMEDA, CALIFORNIA 94501 • (415) 523-0483

September 17, 1982

For inclusion in Oak Leaf:

To All Employees at Naval Regional Medical Center.

We at the International Brotherhood of Electrical Workers, representing all wage grade employees at NRMC and GS Firefighters, eligible to represent any Federal Workers in Alameda County, are concerned about misinformation being put out by AFGE. LT. Lawson has been very ably handling the contracting out situation.

We at IBEW have offered any possible assistance and have contacted all Congressman for their support.

No other Union has been delegated to speak for NRMC in the contracting out situation and IBEW can only speak in behalf of the employees we represent. We believe this includes all employees directly concerned.

Sincerely yours,

Donald A. Week

Donald A. Week
President/Business Manager

(EDITOR'S NOTE: THE PRINTING OF THE ABOVE ANNOUNCEMENT IS IN KEEPING WITH ARTICLE XXVIII, SECTION 7, OF THE AGREEMENT BETWEEN IBEW LOCAL 2297 AND NRMC OAKLAND, APPROVED BY THE SECRETARY OF THE NAVY ON 14 AUGUST 1979)

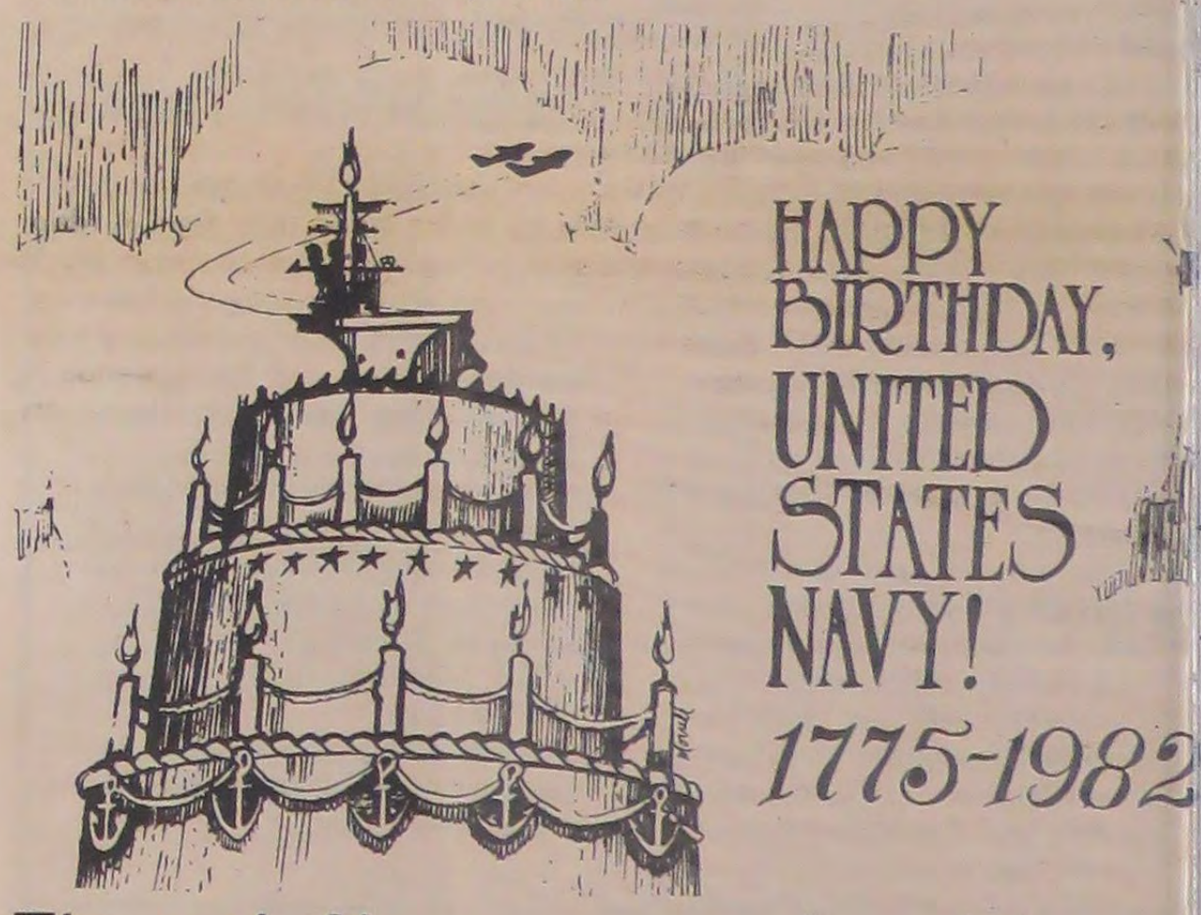
A farewell message to the staff

As I depart the command and the Navy, I would like to express my heartfelt appreciation to the staff of the region for the cooperation and support I have received the past two years. I take with me many fond memories and will always treasure the friendships I've enjoyed. I could not even begin to single out those who have been particularly supportive, and special friends.

I will take special note of those of you who have been, and remain, "in the trenches"—your support, cooperation, professionalism and friendships are appreciated and, yes, in the "highest traditions".

Thank you all and I do wish each and everyone "fair winds and following seas" in whatever the future holds.

In admiration,
Robert P. OWEN
LTJG, MSC, USN



The early Navy—rum and punishment

There was once a time in the Navy when sailors received a daily allowance of half pint of rum. But then, the wage scale during that same era ranged from $6.6 for seamen to $32 for captains—per **month.** Daily rations might include a pound bread, a pound of pork, a half pint of peas, 4 ounces of cheese and, of course, t rum.

A sailor could be punished by being whipped but could receive no more than 1 lashes at one time. If a sailor was caught swearing, his commanding officer cou force him to wear a wooden collar around his neck as punishment.

These rules of the Navy were drafted by John Adams (who would later becom the second president of the United States), one of three members of the origin Naval Committee formed by the Continental Congress in the early days of American Revolutionary War.

The opening battles of the war—Lexington, Concord and Breed's Hill (more cor monly—although mistakenly—known as Bunker Hill)—had been fought. The 1

(Continued to page 1

NAVAL REGIONAL MEDICAL CENTER
OAKLAND, CALIFORNIA

RADM R. C. Elliott, MC, USN
Commanding Officer

CAPT H. James T. Sears, MC, USN, Director of Clinical Services

CDR C.R. Loar, MSC, USN
Administrative Services

Editor: Betty Beck

Editorial Clerk: Pat Heaphy

Photography: HM1 Garry Silk
HM2 Larry Marchionda

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Opinions contained herein are not official expressions of the Department of the Navy. THE OAK LEAF receives American Forces Press Service and Navy News material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.

Command Line

(This column permits direct access to command executives by either military or vilian staff members of any grade, rate or rank. Questions on matters impacting e medical center operations as a whole, reports of incidents of abuse or fraud, or ems of concern to large numbers of the staff are invited. Please also submit recommendations and report positive information of interest to all of us. Submit comments in any legible written form to the Public Affairs Office for routing. You may remain unidentified if you so wish.)

istribution of directives

COMMENT: Supervisors of civilian employees do not receive current spital instructions they need to adequately participate in OPM and EEO ograms. Distribution Lists A and B do not correlate with supervisory duties. e Civilian Personnel office should keep a current roster by name, title and tension of every military or civilian staff member responsible for supervising ilian employees. Any directive relating to attendance, timekeeping, OPM or O programs should be directly sent from Civilian Personnel to the supervisors d they should keep them in a Personnel Administration Manual. The supersor is responsible to make this information available to every person on the aff of the unit.

REPLY: Your suggestion for Civilian Personnel Service to maintain a roster of pervisory personnel by name, title and extension is a good one, as such a list could used to schedule training and provide rapid, direct line communication when need. ch Chief of Service, however, is responsible for the supervision of both civilian and ilitary personnel within that service. Inherent in that management function is the ligation to provide subordinate supervisors with the means to accomplish their pervisory role. The routing or distribution of local directives regarding civilian pernnel matters is one of those means and, accordingly, the obligation of each dividual chief of service. He or she should see to it that each subordinate supervisor s copies, or immediate access to, any pertinent directives or instructions. (Additional copies of specific instructions are available by request. They may be obtained om Operating Management Service.)

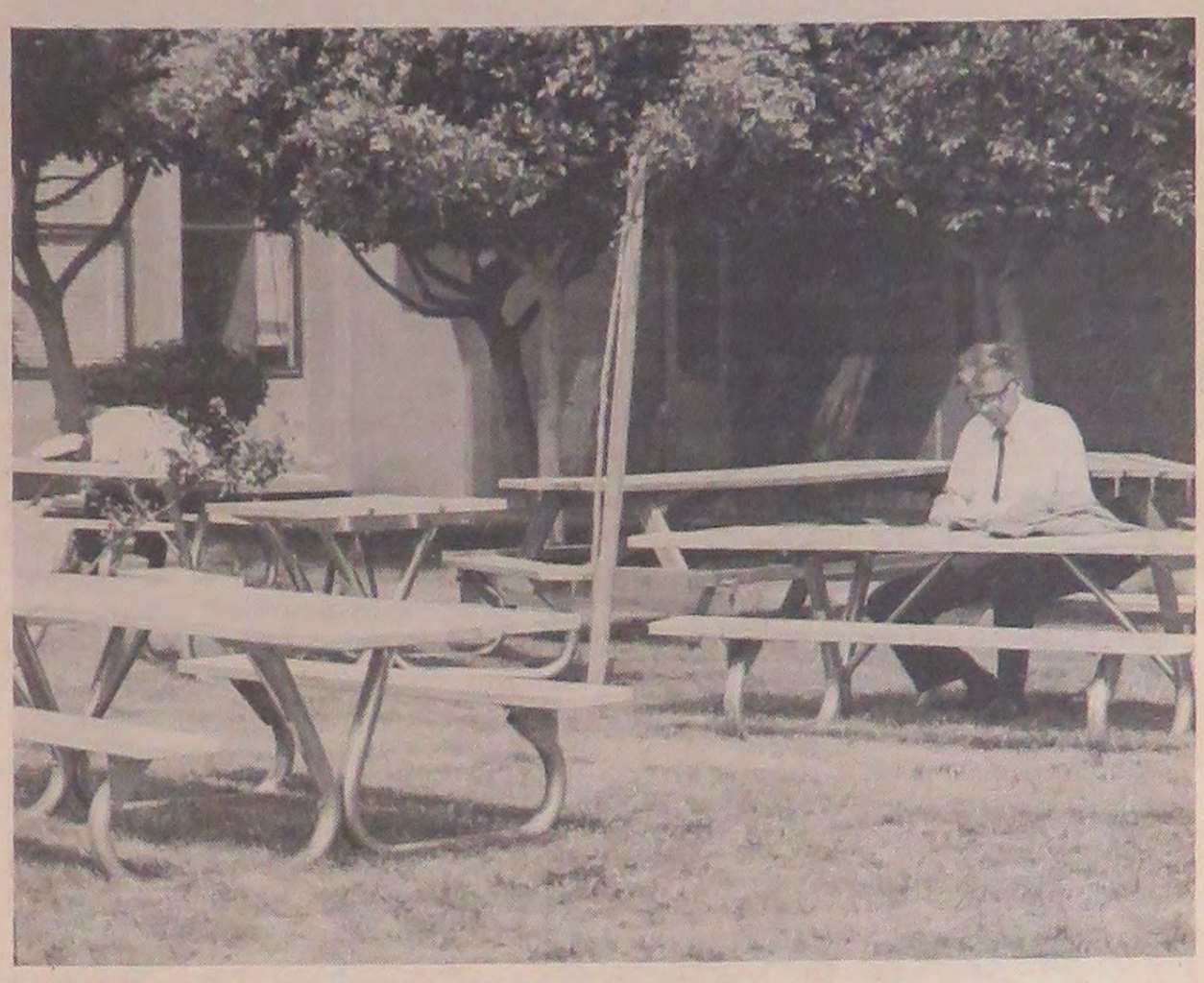
The Command would like to see pro-active employee relations at this medical nter and communication of policy is one of the most important ways to meet this jective. We welcome your suggestions and thank you for bringing this void to our tention.

ivilian use of pool

COMMENT: Why are civilian employees at NRMC not able to use the swimng pool on base? Is it true that the decision is up to the Commanding Office?

REPLY: This is an excellent question which deserves consideration. The Comanding Officer is authorized to permit civilian employees at NRMC to use Special rvices facilities. Higher authority specifically dictates that "the command must termine the adequacy of facilities to accommodate civilian employee utilization hile ensuring protection of the primary interests of the active duty staff. A major terminant in ensuring protection of the interests of the active Navy population and eir families shall be their identified attitude toward civilian utilization. Furthermore, vilian employee utilization of such facilities shall be subject to the payment of fees/ harges at a level higher than required of active duty patrons and their dependents d which is sufficient to preclude subsidization of civilian interests by the military pulation."

The Chief of Special Services will conduct a survey of the current utilization of the swimming pool to determine if there are any times which could be allocated for civilian employee use without interfering with the active duty. Furthermore, the attitude of the active duty patrons toward civilian use of the pool will be acquired through an opinion survey. If it is found that under-utilization of the pool should exist at certain times and there is no objection on the part of the active duty patrons, consideration will be given to authorizing civilian employees to use the pool at specific times and at a reasonable charge.



A SPOT TO BROWN BAG IT—Dr. Jared Haight of Primary Care takes a luncheon break at one of the newly installed picnic tables on the laboratory side of the main hospital. The tables, designed to accommodate patients in wheelchairs, were donated to the hospital from members of the 35th Waves Anniversary National Convention.

Job vacancy announcements

COMMENT: We often do not get to see vacancy announcements and many times do not hear of openings until after the jobs have been filled. Although we have been told that these are circulated and "should" be on bulletin boards this is not usually the case. If they are being removed by others interested in applying, why is there not a protected bulletin board where current vacancy announcements of NRMC Oakland can be displayed in a locked case in a lighted area, a case such as the one portraying the Equal Employment Opportunity representatives?

REPLY: Employee information about vacancy announcements has always been a difficult problem. In a continuous effort to increase employees' chances to find out about vacancies in time to file applications, several steps have been taken by Civilian Personnel Service. First, the length of time for filing applications has been doubled from one to two weeks. Second, whenever the period for filing coincides with publication deadlines, vacancies are publicized in *Oak Leaf*. Third, when a vacancy is likely to attract many applicants from a particular service, such as supply-type vacancies in Supply Service or medical technician/technologist vacancies in Laboratory Service, extra copies of that vacancy announcement are sent to the particular service (or services if more than one is likely to produce applications.)

Instead of removing vacancy announcements from bulletin boards, employees interested in applying can call the Civilian Personnel Service at Ext. 2116 and a copy will be sent to them through the Guard Mail—or, they may pick one up in person.

Because of the number of vacancy announcements, they're almost continuously overlapping opening and closing dates, and the extent of information required to be included in them, there are significant space problems involved in posting them in locked cases. The feasibility of doing so, however, will be investigated.

Membership rosters outdated

COMMENT: NRMCOAKNOTE—1300, 13 Aug 82, Boards, Committees and Collateral Duties, is inaccurate and out of date. As always, it was compiled from previous rosters and lists many persons who are already detached from the command, or who have left the committee. If the new system for reporting committee attendance and actions is to be effective, the roster should be current and reliable. This can be done by sending a questionnaire to each chairman with a deadline for the response, and compiling the results. For any board or committee required by JCAH standards the roster should be compiled by position as well as name and extension. The questionnaire should specify the responsible person for recording changes in membership.

REPLY: The problem in accuracy has been a recurring one and has been recognized. Central compilation of data used in the notice has not been the practice and the inaccuracies document the need for a central point of contact. Based upon your Command Line recommendation, a questionnaire is being developed for use as suggested. A point of contact will be identified, to also include responsibility to issue assignment letters. The interest and recommendations of the party submitting this comment is both appreciated and laudable.

ieet Week (Continued from page 1)

heraton Palace Hotel. Cost $25 per rson. Cocktails start at 6:30 p.m. ttendance limited to pay grades E-9 d above. Uniform is dinner dress e. Advise the number and names of vitations by letter or call to Naval Staon Protocol Officer, 765-6941. hecks should be made payable to eet Week Ball.

Sunday, Oct. 17—Church services USS NEW ORLEANS. Catholic ser-ces, 9 a.m.; Protestant services, 11 n. If you wish to attend, please call 35-6056. One hundred attendees ily can be accommodated at each rvice.

Sunday, Oct. 17—Rotunda ceremony, City Hall. All friends of the Navy and the city are invited to the rotunda celebration at City Hall at 5 p.m. Uniform is service dress blue for guests.

Monday, Oct. 18—The San Francisco Chamber of Commerce and the Navy League are hosting a luncheon in honor of the Navy's 207th Birthday at the St. Francis Hotel. Guest speaker is Admiral S.R. Foley, Jr., Commander in Chief, U. S. Pacific Fleet. Tickets may be obtained at $20 each from the Chamber of Comerce at 465 California St., telephone 392-4511, Ext. 134.

CAPT Lichtman (Continued from page 1)

hief to subsequently return to active uty aboard a submarine.

Born in Brooklyn with Plantation, la., as his home of record, the rthopedic surgeon is the son of Dr. nd Mrs. Harry Lichtman of Plantation nd Greenwood Lake, N. Y. The Navy hysician's father, a retired public ealth official and general practice hysician, will attend the ceremony onoring his son.

Captain Lichtman attended Tufts Jniversity and graduated from State Jniversity of New York Downstate vith an M. D. in 1966. He interned at Jniversity of Minnesota hospitals and hen entered the Navy as a flight surgeon, serving in that specialty with oth Carrier Air Wings Three and Seven before completing a residency in adult orthopedics at NRMC Oakland and one in pediatric orthopedics at NRMC San Diego. This duty was followed by a hand surgery fellowship under Navy sponsorship with Dr. James Wilson of San Diego, and subsequent assignments to National Naval Medical Center, Bethesda, and in his present billet on the Oak Knoll staff.

Dr. Lichtman has lectured in his specialty at three universities and authored numerous publications, as well as making presentations at major medical meetings throughout the United States.

He and his wife Frances, a public librarian in Contra Costa County, are parents of two.

CFC project officer is oncology specialist



Lieutenant Commander Margaret L. ("Mickey") Burns, this year's coordinator of the Combined Federal Campaign at Oak Knoll, has been stationed here 14 months.

An Oncology Nurse Specialist, she has 10 years of Navy service, with former duty stations at NRMC Memphis, Naval Hospital Port Hueneme, and Branch Hospital, Adak, Alaska. She served a previous tour at NRMC Oakland in 1977-78.

LCDR Burns hails from Bloomington, Ind., and earned a bachelor of science in nursing from the University of Evansville in the same state. She plans to work for a master's degree in nursing education or administration.

The Navy nurse is active in the East Bay Oncology Group, Oncology Nurses' Society, the American Cancer Society Advisory Board, and VP-31 Officers' Wives Club.

She sings in a church choir and enjoys cooking and playing the piano. She also plays tennis and assists with her son's soccer team.

LCDR Burns lives in Hayward with her husband Dale and children Bryan and Laura.

All hands to be inspected

The first of a series of quarterly personnel inspections will be held in the horseshoe of the main entrance to the hospital on the mornings of Oct. 15, 22 and 29, with one-third of the military staff being inspected each of the three dates. All military personnel of the command will be reviewed, and officials said there will be no exceptions.

Uniforms are to be service dress blues or service dress jumpers, both with ribbons. Military appearance and grooming, including regulation haircuts, will be addressed.

Personnel are to fall in at 7:20 a.m. on each of the dates. Inspection will commence at 7:40 a.m., followed by colors and presentations and announcements.

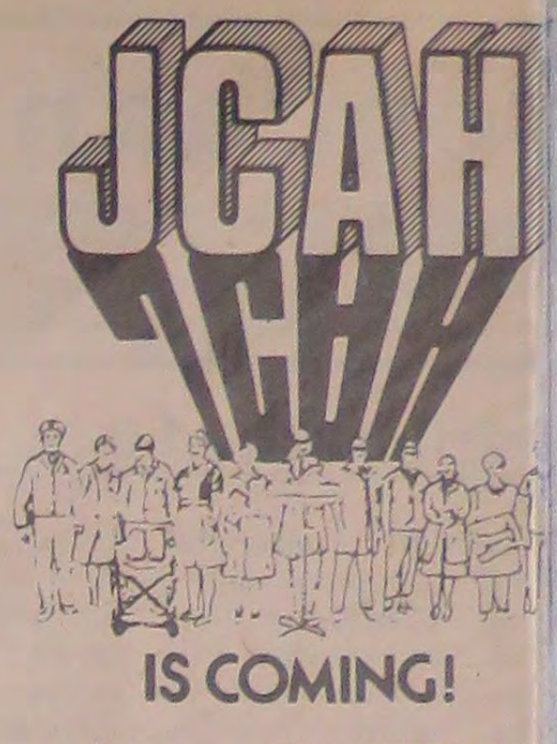
Learn not to burn

Job, home fire safety spotlighted next week

Oct. 3-9 marks this year's Fire Prevention Week. Observed annually by the United States and Canada, Fire Prevention Week always falls during the Sunday-through-Saturday period that includes Oct. 9, the date of the "Great Chicago Fire of 1871" that killed 250 persons and destroyed $168 million in property.

This year's theme for the week is "Learn Not to Burn—Wherever You Are." This thought is aimed at all of us, to remind us to be aware of our surroundings at all times, whether at work, school, or at play.

Oak Knoll's Fire Chief Bob Bobbitt says "awareness is the first step in preventing fires." He has submitted several good educational articles on the subject to this newspaper. Unfortunately, space limitations this issue preclude their use. Watch for them in future issues, however, because fire safety awareness must not be limited to only one week each year. It's an around-the-clock responsibility.



IS COMING!

Nov. 15, 1982

Captain Johnston completes 24 years as Navy nurse

Captain Georgia F. Johnston, Assistant Director of Nursing Service at Naval Regional Medical Center Oakland for a little over a year, leaves the command on terminal leave today with an official retirement date of Dec. 1.

A reception and "piping over" ceremony is being held to recognize her nearly 24 years of active duty. Nurse Corps officers honored her with a luncheon in the Officers' Club last Friday.

Captain Johnston is returning to her home state of Texas. She plans to do some renovations to her home and travel, but will keep her nursing license active in case she wants to return to the profession.

She earned her bachelor of science degree at Texas Women's University and a master's degree in nursing from the University of Washington.

She has held billets in New York, Morocco, Texas, recruiting in the Midwest, duty under instruction at the University of Washington, and also assignments in North Carolina and Guam. She holds the Navy Achievement Medal.



CAPT Georgia Johnston

Advisory Board meets informall

Despite the lack of a quorum due heavy post-holiday workloads a extended vacations, five members the Civilian Employee Advisory Boa met informally with Rear Admir Robert C. Elliott, Commanding Office on Sept. 7.

Among the topics discussed we "contracting out" Food, Housekeepir and Laundry Services, Congression liaison, communications method supervisory-employee relationship and achievement awards.

The commanding officer explaine that he has no jurisdiction or contr over the decision-making proces which mandates whether or not co tracting out will be required for th medical center. If it comes to pass, i said, every effort will be made to he displaced employees relocate. He pro mised to disseminate the facts to a civilian employees who may b affected.

He also told the representatives tha he will be meeting with Congressiona aides to discuss major concerns, an spoke of several new methods whic have been implemented here for bette communication. They include meeting with military and civilian staff mem bers, personal visits by the admiral t work sites, and institution of th "Command Line" column in *Oak Lea*

Full minutes of the Sept. 7 meetin will be posted on the advisory group' bulletin board located in the passage way across from the main dining ha on the third deck.

* * *

Job openings

Applications will be received by Civilian Personnel Service through Monday, Oct. 4, for clerical positions in Supply, Management Information, and Dental Service.

A Supply Clerk, GS-4 is needed by the Inventory Management Branch, Stock Control Section, Supply Service, while there is a job opening for a Medical Clerk, GS-4 in Dental, and a Secretary (Typing), GS-5 in Management Information.

Applicants must be career and career-conditional employees of federal activities in the San Francisco Bay Area, VRA eligibles, or, in the case of the Supply Clerk, within reach on the appropriate Office of Personnel Management register.

Further information on all three jobs may be obtained by calling Maurine Tinsley at Ext. 2116.

IN CASE OF FIRE, DIAL 333

Private sector reps survey purchasing procedures here

Thomas Streff and Fallon Mikula, both business executives participating in President Reagan's Private Sector Survey on Cost Control in the Federal Government, visited Naval Regional Medical Center Oakland on Sept. 7 to review this facility's purchasing and procurement procedures.

The nonpartisan, nonpolitical review is concerned with all organizations of the Executive Branch of government. Initial emphasis is on the departments of Defense, Health and Human Services and Housing and Urban Development.

The task force members who visited here also reviewed activities at Letterman Army Hospital in San Francisco and David Grant U. S. Air Force Medical Center at Travis Air Force Base.

The reviews place special emphasis on eliminating duplication, identifying non-essential administrative activities and increasing management effectiveness. Task Force members are completely funded by the private sector. They report findings and recommendations directly to the President.

Hire the Handicapped Week set Oct. 3-9

Oct. 3-9 has been officially designated National Hire the Handicapped Week. The Rehabilitation Act of 1973 and Vietnam Era Readjustment Act of 1974 form the basis for the federal Handicapped Program. These two pieces of legislation require that agencies develop and implement Affirmative Action Plans for the hiring, placement, and advancement of the disabled, including disabled veterans.

A major portion of the Department of Navy's handicapped program is to provide reasonable accommodation to all employees. This includes facility modification, restructuring of jobs, modifying work schedules and acquiring equipment.

NIS special agent new to command

Mr. Kip R. Steele is now the residen Naval Investigative Service agent a Naval Regional Medical Center, Oakland, replacing Mrs. Carolyn Hahn who has transferred to Naval Air Station Alameda.

Mr. Steele, who has been with NI for more than three years, served as Navy supply officer for nearly six years He holds a bachelor of science in business administration from Oregon State University, and a master's in public administration from California State University, Long Beach.

"(I) am looking forward to a different command and environment," he said. "(It) should be a challenging experience."

Anyone with business to discuss with NIS may reach him at Ext. 2119. His office is located in the same building as Security.

* * *

perational readiness—a M.U.S.T.

Timely medical care for casualties the battlefield plays an important e in the success of a combat unit. On increasingly lethal battlefield of the ure, the availability of appropriate e will be even more critical.

This modern battlefield philosophy ently became very real to 14 of val Regional Medical Center's staff mbers. Some of Oak Knoll's finest orted to Ft. Lewis, Wash., for a oid Deployable Medical Facility MF) training exercise, where they with other naval medical personnel Aug. 8 to Sept. 3. Personnel luded all specialties of the Navy dical Department and 23 Seabees, th training conducted by the Army's nd Medical Company/47th Combat pport Hospital.

The Navy's mission was to learn w to set up and operate a Medical nit Self-contained Transportable U. S. T.). This type of combat sup- rt hospital is expandable to a 200- d configuration—80 each for inten- e and intermediate care, and 40 for neral care. The hospital's capabilities clude resuscitative surgery, treatment critically injured, and surgical/medi- l services for general patients. Its ajor components included:

- A utility power pac, designed to a multi-purpose turbine fueled by JP-4. Through the use of eight of these, a 200-bed configuration provides patient care in a temperature controlled environment with hot and cold running water.
- An expandable shelter. These invaluable units house operating rooms, central sterilizing room, laboratory, pharmacy, and radiology. Oral surgery could also be housed in an expandable.
- An inflatable shelter capable of housing a 20-bed ward, supply, headquarters, ENT, communications, patient affairs, etc.

This article only scratches the surface of the complexity required to set up a Combat Support Hospital. Logistics, training, and staffing require much effort. Operating a field hospital necessitates a great deal of coordination and teamwork to insure a successful operation.

Training with the Army as an RDMF team member is a challenging, worthwhile experience that has helped to increase awareness of the Navy Medical Department's mission and our role in supporting the operational forces.

After three and a half weeks with RDMF, one can really appreciate the popular recruiting logo, "Navy, it's not just a job, it's an *adventure.*"



OAK KNOLL TEAM—Front row (l to r): CDR Judith Dault, LT Bob Burg, LCDR Sue Norton, LCDR Eleanor Perry, LCDR Mel Baxter, LCDR Bob Hardage, CDR Dean Hendrickson. Back row: LCDR Tom Wadsworth, HMC Taivale Tautalatasi, LCDR Don Phillips, CDR Don Bliss, HM1 James Griffin, HM1 Dan Gray, and HM3 Don Snay.

Story by

LT Bob Burg

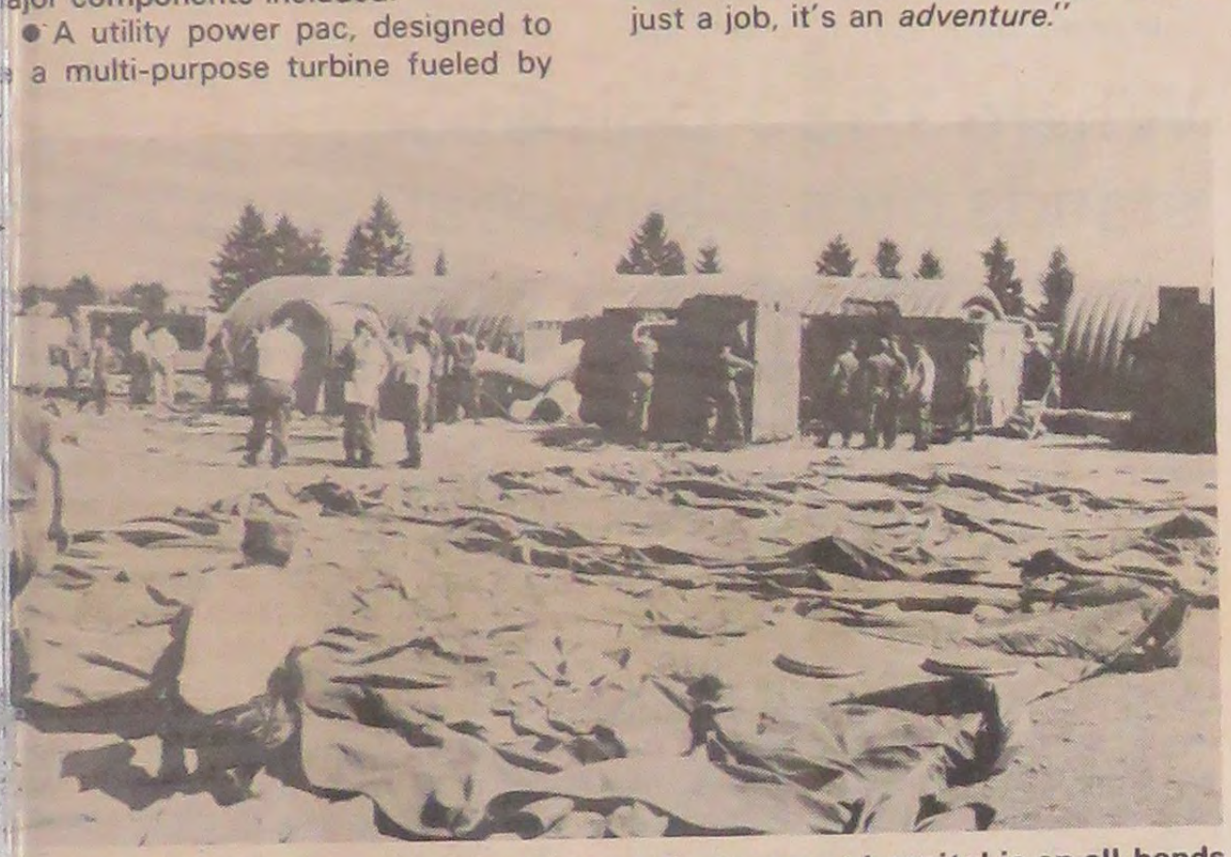
Photos by

LCDR

Tom Wadsworth



JUST LIKE MASH—Surgeons operate in an expandable shelter.



ETTING UP—Inflating units for a field combat support hospital is an all-hands 5



RIAGE—Field hospital physicians examine "casualties" and determine who eeds first attention.



RAPID TRANSIT—A helicopter brings in "wounded" and medics rush the patients to the battlefield hospital.

New exercise program debuts at training center

A new system of exercises, called the Scientific Program of Aerobic and Resistance Training exercise in the Navy (SPARTEN), will be introduced at Recruit Training Center San Diego, Calif., in an experiment designed to improve health and physical fitness throughout the Navy.

SPARTEN will be more demanding than the fitness programs currently in use at Navy training centers, and will contain an added emphasis on aerobics—exercises that concentrate on the respiratory and cardio-vascular systems.

Recruits who are trained in the SPARTEN system will be given "before and after" fitness tests of their muscular strength, endurance and stamina. During recruit training they will exercise for two 40-minute periods six days each week. The morning period will emphasize flexibility and calisthenics, while evening sessions will include a three-and-one-half-mile run, done at an "eight-minute mile" pace. Weight training machines will also figure prominently in the new programs.

SPARTEN test results will be followed closely, with an eye to introducing portions of the program to the fleet.

Former employee fatally beaten

Willie Drew, Sr., 61, a former cook in Food Services, was fatally beaten in his Oakland home about 10 days ago. Police are seeking a 30-year-old suspect in the case.

Mr. Drew retired from Oak Knoll about 10 years ago, friends said.

Former DCS secretary

Mary Takai honored at retirement luncheon

Nearly 100 coworkers and friends attended a luncheon in the Officers Club yesterday, honoring Mary Takai on her birthday and last day of employment at Oak Knoll.

The former secretary to the Director of Clinical Services has now retired after nearly 24 years' federal service.

Born in Sacramento, she was one of the many Nisei interned at a relocation camp at Tule Lake in the early World War II days, and began her secretarial career there.

Other federal service, broken to accompany her Army husband on numerous assignments and to rear five children, included employment with the American Embassy in Tokyo, with the Treasury Department in San Francisco, and at the Concord Naval Weapons Station.

She came to work at Oak Knoll in 1968 and was the secretary in the Prosthetics Laboratory when it was in the process of being moved to its present hospital location. She said she was the only woman in a group of more than 30 employees and at that time the



department had more than 1,000 outpatients.

Subsequent jobs here were as Secretary to the Chief of Medicine in 1972, and Secretary to the Chief of Clinical Services from 1974 to retirement.

Mary is excited about her retirement plans, and said, "I deserve it after all these years." She and her husband Roy, a retired Army Intelligence Lieutenant Colonel, plan to travel throughout the United States and Europe while keeping their permanent home in Pleasant Hill. Three of their children are married and Mary and Roy are grandparents of one.

Displaced employees have priority in DoD job placement

The Department of Defense has an established Priority Placement Program to provide continued employment within DoD for career-conditional or career employees who are scheduled for involuntary separation through reduction-in-force (RIF), involuntary furlough for a period of six months or more or demotion by RIF. The program also aids those who decline functional transfer outside the commuting area, or who are satisfactorily completing duty in a foreign area, territory, possession, the Canal Zone or states of Alaska and Hawaii.

Firm measures must continue to provide maximum opportunity for DoD-placement through automated referral procedures, thus minimizing the individual effect of base closures, consolidations, transfer of functions, and reductions that result from organizational changes.

Support of this program to provide job opportunities for deserving DoD employees in need of job placement assistance is a vital ingredient of sound personnel management by all supervisors, both military and civilian, officials said. The policy of the Naval Regional Medical Center is to support this program by insuring maximum utilization of fully qualified surplus priority candidates during the recruiting process.

Columbia to hold fall classes at TI

Columbia College is offering 10 courses on Treasure Island during the fall session, Oct. 18-Dec. 11. Each class will meet one or two evenings per week during the eight-week session and carry three semester hours of college credit.

Classes are open to active duty military, their dependents, and other civilians as well. Tuition is $80 per credit hour. Students may pay tuition through the GI Bill, military or civilian assistance, or on their own.

Courses include: Introduction to Criminal Justice; English Composition II, Mondays, 6 to 11 p.m.; General Psychology, Tuesdays, 6 to 11 p.m.; Business Communication, 5 to 7:30 p.m., Tuesdays and Thursdays; Macroeconomics, Tuesdays and Thursdays, 7:45 to 10:15 p.m.; Principles of Management; Statistics; Juvenile Delinquency—Wednesdays, 6 to 11 p.m.; US Social and Intellectual History, Thursdays, 6 to 11 p.m.; Human Resource Development, Saturdays, 9 a.m. to noon and 1 to 3 p.m.

Prospective students may obtain additional information by calling Jeannie Hopper at 397-5613.

Surprise survey shows drug use in Navy declining

On Sept. 14, the Navy announced preliminary results of a surprise urinalysis test of Navy personnel. This anonymous survey, held on Aug. 30 in San Diego and Norfolk, was conducted using the same rigorous Navy testing standards applied in a similar December 1980 survey. The independent firm of Booze, Allen and Hamilton Associates administered both surveys to achieve consistency and statistical comparability.

The 1980 tests indicated about a 50 percent usage rate for naval personnel tested at both west coast and east coast major naval bases. The 1982 tests indicate the drug usage rate has been cut by nearly two-thirds in San Diego and by one-half in Norfolk, for an overall average of between 20-25 percent. Final 1982 test results are expected to be published within three or four weeks.

While the Navy is pleased with the significant decline in drug usage by naval personnel, both Secretary of the Navy John Lehman and Chief of Naval Operations ADM James D. Watkins continue to stress the Navy's goal of "zero tolerance" for drug abuse. The Navy will continue to attack drug abuse with firm enforcement of naval regulations.

New York Representative Joseph Addabbo, Chairman of the Defer Subcommittee of the House Comm tee on Appropriations, took note of t results in a letter to the CNO.

In the letter, Congressman Addab said, "I wish to congratulate you a your predecessor, Tom Hayward, taking a tough stand on drug abuse our Armed Forces. As a consequen of your resolute, and in some quarte unpopular decision to promote a dru free environment for those dedicat people who are defending our count there has been a 50 percent reducti in marijuana usage among our jun sailors. The long term impact of the dramatic results should not minimized since the character and s discipline instilled by the Navy can expected to last a lifetime.

"I believe the results of this surv show a clearly improved situation a should be considered vindication the Navy's 'get tough' policy. Eve sailor who has stood up to the treme dous peer pressure to abuse dru deserves special praise. That simp but often-time courageous decisi surely represents the U. S. Navy at finest."

Where 1983 legislation stands on military compensation

The Senate Armed Services Committee completed "mark-up" action on the FY-1983 Armed Forces Pay Bill Sept. 14.

The Senate proposal would affect retiring members by altering certain provisions of current law. Any individuals who retire between the date of enactment of the legislation and Sept. 30, 1985 would be eligible to use the current one-year "look-back" method to calculate retirement pay, if it would be advantageous for them to do so. In addition, members who become eligible to retire during that three-year "grandfathering" period and who elect to remain on active duty after that period, would have a "save pay" guarantee so that they would not receive less retired pay than they would have received if they had retired during the three-year grandfathering period.

The Senate proposal also provides a 4% across-the-board basic pay increase (except for paygrade E-1, which would receive no increase), a 4% Basic Allowance for Quarters (BAQ) increase and a 4% Basic Allowance for Subsistence (BAS) increase. The bill would also "de-link" military and federal civilian pay, for a one-year period.

The House Armed Services Committee version of the pay bill would also de-link military and civilian pay, but would allow the President to set the Oct. 1 raise at any level between ze and 9.5%. If the House propos became law, it is expected that th raise would still be about 4%.

Permanent change of statio allowances would be modified several instances if recommendatio made by the Senate bill are followe Travel reimbursement would b increased from 13 to 16 cents per mi for military personnel, while depe dents' mileage allowances would frozen at 7 cents per mile for depe dents 12 years of age or older and 3.5 cents per mile for those under 1 The maximum household goods shi ment weight would be increased t 1,500 pounds for members in pa grades E-7 through E-9 only. Th House Armed Services Committe would freeze all shipment allowanc at their present levels. Finally, th Senate bill would require service mem bers to use water ports nearest the current duty station or port embarkation when shipping a private owned vehicle (POV) to an overse duty station.

The Senate proposal also woul authorize a restructuring of aviatio officer continuation pay during F 1983. Replacing the current payme plan would be contracts for three yea ($4,000 per year), four years ($6,00 per year) and six years ($6,000 p year). Three-year and four-year co tracts could be entered into by avia officers with six to ten years of act service who have not received an av tion bonus previously. Six-year co tracts could be entered into by Aviatio Officers with more than six but le than seven years of active service.

Other proposals in the Senate b include: Denying career BAS for sing enlisted members (E-5 and abo other than those now receiving BA extending SRB payment authority f one year, extending for one year th current authority to reimburse (up BAQ/VHA) those personnel who shipboard quarters are designated uninhabitable during overhaul and f whom government quarters are n available, allowing the President discr tionary authority to stop separations regular and reserve forces duri "national emergencies," and roundi

(Continued to page 1

What white collar salaries may soon be

	1	2	3	4	5	6	7	8	9	10
GS-1	$ 8,676	$ 8,965	$ 9,254	$ 9,542	$ 9,831	$10,000	$10,286	$10,572	$10,585	$10,857
2	9,756	9,987	10,310	10,585	10,703	11,018	11,333	11,648	11,963	12,278
3	10,645	11,000	11,355	11,710	12,065	12,420	12,775	13,130	13,485	13,840
4	11,949	12,347	12,745	13,143	13,541	13,939	14,337	14,735	15,133	15,531
5	13,369	13,815	14,261	14,707	15,153	15,599	16,045	16,491	16,937	17,383
6	14,901	15,398	15,895	16,392	16,889	17,386	17,883	18,380	18,877	19,374
7	16,559	17,111	17,663	18,215	18,767	19,319	19,871	20,423	20,975	21,527
8	18,339	18,950	19,561	20,172	20,783	21,394	22,005	22,616	23,227	23,838
9	20,256	20,931	21,606	22,281	22,956	23,631	24,306	24,981	25,656	26,331
10	22,307	23,051	23,795	24,539	25,283	26,027	26,771	27,515	28,259	29,003
11	24,508	25,325	26,142	26,959	27,776	28,593	29,410	30,227	31,044	31,861
12	29,374	30,353	31,332	32,311	33,290	34,269	35,248	36,227	37,206	38,185
13	34,930	36,094	37,258	38,422	39,586	40,750	41,914	43,078	44,242	45,406
14	41,277	42,653	44,029	45,405	46,781	48,157	49,533	50,909	52,285	53,661
15	48,553	50,171	51,789	53,407	55,025	56,643	58,261	59,879	61,497	63,115
16	56,945	58,843	60,741	62,639	64,537	66,435	68,333	70,231	72,129	
17	66,708	68,932	71,156	73,380	75,604					
18	78,184									

(Editor's Note: No official notification had been received on the above revised annual salaries for GS civilian employees at our deadline; however, assuming a four percent cost of living boost recommended by the President, and already included in legislation, the wages printed above seem likely. If accurate, they will probably become effective during the first pay period after Oct. 1.)

Barry on TV

Hospital Corpsman Third Class Thomas Barry of Naval Hospital Lemoore was one of those recognized and interviewed on television over the Labor Day weekend in conjunction with the annual Jerry Lewis Telethon for the Cerebral Palsy Association.

Petty Officer Barry was singled out because of his assistance as a volunteer in a summer camp for children crippled from the disease.

He appeared before KTVU Channel 2 cameras and also worked behind the scenes, assisting with some of the cerebral palsy victims who were also guests on the show.

OR school graduates to new assignments

On Sept. 24, Qperating Room Technician School Class 82003 graduated 3 students. The course included two phases—six weeks of didactic instruction on aseptic technique and 20 weeks of clinical experience in the different surgical services.

The graduates included HM2 Michael J. Allanson and HM3 Thomas Taconet both reporting to NRMC Charleston, S.C.; HN Agustin J. Chorquez and HN Carlos A. Uhrbach reporting to NRMC Jacksonville, Fla.; HM3 Jackson P. Brown and HN Pamela Johnson, both reporting to NNMC Bethesda, Md. HN Cynthia E. Duhe to NRMC Pensacola, Fla.; HN Jessica D. Harris to NRMC Oakland; HN Michael Morgan to NRMC Roosevelt Roads, P.R., and HN Jennifer A. Tate to NRMC, Kelflavick, Iceland.

Specialty students from Oak Knoll who were with the first phase of training were DN Valerie J. Barbeauld and HN Patti L. Holly both of Dental Service and HM3 Michael C. Koch from the Orthopedic Clinic.

Kudos....

Navy Commendation Medal
Lieutenant Commander Bernard Rabold, Jr.

Letter of Commendation
Commander Patricia Linehan

Letters of Appreciation
Lieutenant Balaram Puligandla
Lieutenant Mary Owens
Lieutenant Janet Beardsley

Residency Certificates
Lieutenant Commander James Hicks in Otolaryngology.
Lieutenant Commander Dorrit Ahbel in Orthopedics.

Frockings
CWO3 Donald A. Lindo
CWO3 Rickey G. Weaver
CWO3 Jack F. Lake

Promotion
Lieutenant (Junior Grade) Karen Lundgren.

Expression of Appreciation
Lieutenant James Tagle

Good Conduct Award
Hospital Corpsman Third Class Debra Blampye

Reenlistment
Hospital Corpsman Third Class Debra Blampye
Hospital Corpsman First Class Stephen Parcel
Hospital Corpsman Second Class Aurello Esguerra, Jr.

Augmentations
LT(jg) Deborah Kay Prekker
LCDR Henry George Adams
CDR Donald Lee Bliss
CDR Richard Kelly Imes
LCDR Hari Chand Puri
LCDR Charles John Wagner
CDR Thomas Eugene White
LCDR Gille Morgan Taylor-Tyree
LT Walter Hall Wood
LT Muriel Bern Anderson
LT Gregory L. Dyson
LT Marcia Ann Nelson
LT Deborah Williams
LT(jg) Margaret Laudolff
LT Alice Frances Rhetta

Mrs. Couser marks 39 years in Oak Knoll's Food Service



FLOWERS FOR A GREAT LADY—Food Service coworkers presented Marie Couser with a bouquet on Sept. 17, recognizing her 39 years of civilian service in that department. Marie is the affable lady who often works as door checker at the entrance to the main dining room and gives everyone a cheerful greeting.

Friday, Sept. 17 marked the completion of 39 years since Mrs. Marie Couser began her career as a Mess Attendant at the U.S. Naval Hospital, Oakland, California.

Marie, as she is known to her coworkers, has performed in every position open to a Food Service Worker. In the words of Mr. John E. Campbell, her immediate supervisor for the past 18 years, "she has always been a very dependable worker. Despite various duties in the salad room, meal pack line, dining room, and as a door checker, she has maintained her high quality of work standards.

"Over the years," he continued, "when absences occurred in various positions, Mrs. Couser stepped in with the utmost calm and assurance. She functions independently, requiring very little supervision. While the average employee sooner or later adjusts to changes, Mrs. Couser adjusts much, much quicker to any change in working conditions. In order to acquaint herself with new changes, she will come in before time and observe as much of a new operation as she possibly can so that her shift and supervisors will have less of a problem. Her positive contributions to this command have been many."

Marie has accumulated more than 1500 hours of sick leave, clearly indicating a commendable attendance record.

In 1948, after working at Oak Knoll for nearly five years, Marie met and married her husband Raymond, a sailor on the staff of the hospital. Their daughter and one of two granddaughters were born here also. After all these years Marie unhesitatingly states that she is very thankful for her job because it is responsible for everything she has.

Comings and Goings

"**Fair winds and following seas**" the following personnel who have recently departed this command:

Lieutenant Commander Bernard Rabold, Jr. to Norfolk, Va.

Lieutenant Commander Dorrit Ahbel to NAVSUBASE Groton, Conn.

Lieutenant Commander James Hicks, to NRM Clinic Hawaii.

Hospital Corpsman Third Class Barry Taub to 3rd FSSG, FMFPAC Okinawa.

Hospital Corpsman Third Class Deborah Langlois, Aerospace Regional Medical Center Pensacola, Fla.

Hospital Corpsman Third Class Gregory King to NRM Clinic Hawaii.

Hospital Corpsman Third Class John Daily to 3rd FSSG, FMFPAC Okinawa.

Hospital Corpsman Michael Written 1st Marine Division, FMFPAC.

Hospital Corpsman Third Class Randall Scott to Naval EPMU, Naples, Italy.

Hospital Corpsman Third Class Patricia Severy to NCSL Panama City Branch Clinic.

Hospital Corpsman Third Class Michael McMahan to 2nd Marine Division FMFLANT.

Hospital Corpsman Third Class Jorge Fivgas to Naval EPMU, Norfolk.

Hospital Corpsman Second Class David Mickey to NRMC Japan.

Hospital Corpsman Third Class Joe Loveda to NSA Brook Branch Clinic, NRMC Groton.

Hospitalman Michael Witt to 2nd Marine Division FMFLANT.

Hospital Corpsman Third Class Leslie Hopper to MWTC Branch Clinic Edgeport, Calif.

Hospital Corpsman Second Class Joseph Clark to 1st MAW, FMFPAC Iwakuni.

Hospital Corpsman Second Class Doris Barry to NWC China Lake Branch Clinic.

Hospital Corpsman Second Class John Kercheval to USS ACADIA, San Diego.

Hospital Corpsman First Class Esmeraldo Ranches to 3rd Marine Air Wing, FMFPAC.

Hospital Corpsman Third Class Thaddeus Johnson, released from active duty.

Lieutenant Alice Rhetta to NRMC Guam.

Hospital Corpsman Third Class David Wright to NSHS San Diego, Calif.

Hospital Corpsman Third Class Charles Wilson to NSHS San Diego.

Hospitalman Marc St. Marseille, released from active duty.

Hospital Corpsman Kelly Berber to USS PRAIRIE, Long Beach.

Hospital Corpsman Third Class Achim Inman to Branch Clinic, T.I.

Hospital Apprentice Aurelio Rareja to Pensacola, Fla.

Hospital Corpsman Second Class Daniel Spicer to USS PROTEUS.

Hospital Corpsman Third Class James La Venture, released from active duty.

Lieutenant Beatrice Harrold, released from active duty.

Lieutenant Mary Owens, released from active duty.

Lieutenant Janet Beardsley, released from active duty.

"**Welcome aboard**" to newly reported:

Hospitalman Edward Blackwell, Nursing Service.

Hospital Corpsman Second Class Reginald Robinson, Outpatient Service.

Hospital Corpsman First Class Roger Smith, NP Service.

Hospital Corpsman Third Class Chang Kang, Pharmacy.

Hospital Apprentice Michael Cross, Special Services.

Hospitalman Dan Sage, Nursing Service.

Captain John Branch, ENT Clinic.

Hospitalman James Etherington, Nursing Service.

Hospital Corpsman Third Class James Holcomb, Pharmacy.

Lieutenant Jack Tobey, Anesthesia.

Lieutenant Commander Richard Struempler, Drug Screening.

Hospital Corpsman First Class Debra Comforth, Drug Screening.

Hospital Corpsman Second Class Alvun Bakum, Drug Screening.

Hospital Corpsman Second Class Robert Guderson, Drug Screening.

Hospital Corpsman Second Class Diane Brooks, Drug Screening.

Hospital Corpsman First Class Lee Husted, Drug Screening.

Hospital Corpsman Second Class Charles Williams, Drug Screening.

Hospitalman Janice Wood, Pharmacy.

Hospitalman Mary Sheckells, Operating Room Technician School.

Hospital Corpsman Second Class David Rains, Drug Screening.

Hospital Corpsman Second Class David Reddick, Drug Screening.

Hospital Corpsman Third Class Brian Prince, Drug Screening.

Hospital Corpsman Third Class Tubel Sunvall, Drug Screening.

Lieutenant Commander Roger Darr, Public Works.

Hospital Corpsman First Class Glenn Liquigan, Drug Screening.

Hospital Corpsman Third Class Renee Novello, Drug Screening.

Hospital Corpsman Third Class Agrapina Cuz, Drug Screening.

Hospital Corpsman Third Class Brian O'Hair, Drug Screening.

Hospital Corpsman Third Class Ruben Garcia, Drug Screening.

Hospitalman Michael Elam, Drug Screening.

Hospital Apprentice Robert D. Burton, Nursing Service.

Hospital Corpsman Third Class Jeffrey Kins, Primary Care/Emergency Room.

Hospital Corpsman Third Class Vicki Swanson, Drug Screening.

Hospitalman Jose Chaidez, Nursing Service.

Hospitalman Timothy Powell, Drug Screening.

Hospital Corpsman Second Class John Radolinski, Drug Screening.

Hospital Corpsman Third Class Todd Bailey, Drug Screening.

Hospital Corpsman Second Class Mark Lehman, Drug Screening.

Hospital Corpsman Second Class Kelly Cotton, Drug Screening.

Hospital Corpsman Second Class Deborah Erwin, Drug Screening.

Hospital Corpsman Third Class Michael Hardy, Drug Screening.

Hospitalman Beth Scharf, Drug Screening.

Hospitalman Fred Scharf, Drug Screening.

Lieutenant Commander Eric Mueller, Drug Screening.

Hospital Corpsman Second Class Perry Wiseman, Drug Screening.

Hospital Corpsman Second Class Patrick Graham, Drug Screening.

Hospital Corpsman Second Class W.R. Rives, Drug Screening.

(Continued to page 12)

Our branch activities

Island named fo home for two sp

In 1830, General Mariano Guadalupe Vallejo, while on a mapping expedition with a company of Mexican cavalry troops, was fording Carquinez Straits when one of his favorite horses, a white mare, became detached from the group and was carried away by the swift current. Ultimately the horse struggled ashore on an area called Isla Plana (flat island), where she was subsequently found. The General promptly changed the name of the site to Isla de la Yegua—Mare Island.

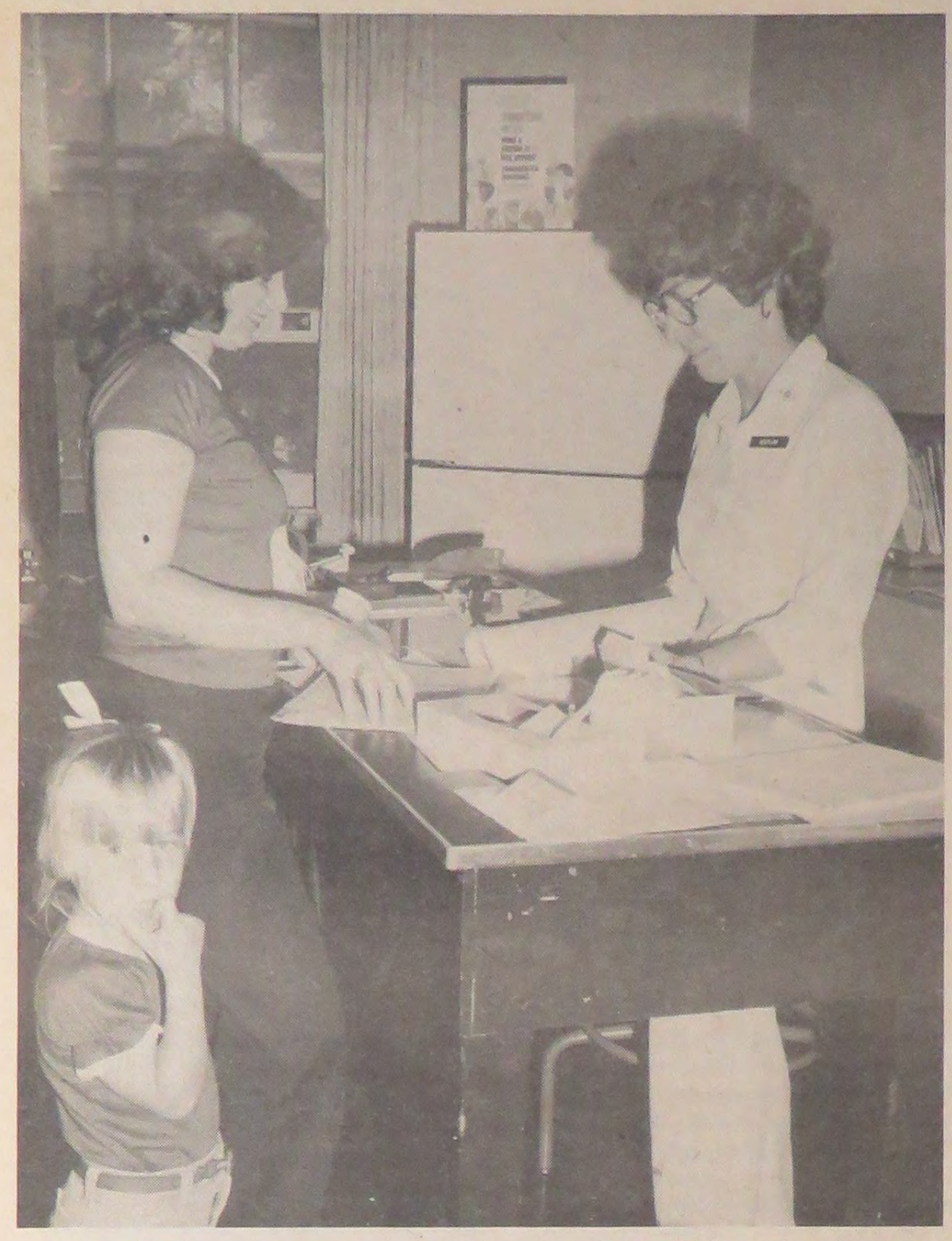
In 1853 the Navy purchased Mare Island and Commander David G. Farragut took command the following year to construct the Navy yard facilities. In 1869 construction began on the Naval Hospital, the first on the west coast, and continued through World War II and later until decommissioned.

Today Mare Island's medical needs are served by two Branch Clinics. One is designated the Naval Support Activity (NSA) clinic and serves the military, dependent and retired community. The other is the shipyard clinic which primarily provides occupational health and industrial hygiene services to the more than 10,000 shipyard civilian employees.

NSA Clinic

In addition to general primary ca sevices the NSA clinic provid pediatric and optometry services f time and OB/GYN, wart, ENT, a pediatric subspecialty services throu visiting physicians from NRMC Oakla on a regular basis. Other servic include a Family Advocacy Progra weight control clinic, CHAMPUS cou selling, parenting skills seminars, pr natal classes and immunization a allergy clinics, as well as pharmacy, la x-ray, military physical exams, a ambulance services.

The staff of the NSA clinic consis of 10 officers, 34 hospital corpsm and 13 full time civilians plus two pa time civilian employees.



FAMILY HEALTH—Civilian Registered Nurse Sheila Beaty assists a mother and her child in the immunization clinic.



EXAMINATION—Physician Assistants CWO2 Rick Weaver (left) and CWO3 Gary Sawicki examine a patient's scalp in the support activity's treatment room.



LAB TESTS—HN Janae Braziel puts a smile into her work as she goes about her duties in the NSA clinic's laboratory.



ASSEMBLY—HM1 Pat Gerrells (seated), Fleet Liaison, gets an assist from HM1 Jim Shaw of the NSA clinic in putting together oxygen regulators.



POSITIONING—HM3 Jeff Menge instructs a patient in positioning hi foot for an x-ray at the NSA clinic.



X-RAY CHECK—CWO2 Jack Lake, Physician's Assistant at the NS clinic, points out a patient's x-ray t Medical Corps Commander Mer Rasmussen.

te mare long ago, medical clinics

Shipyard Clinic

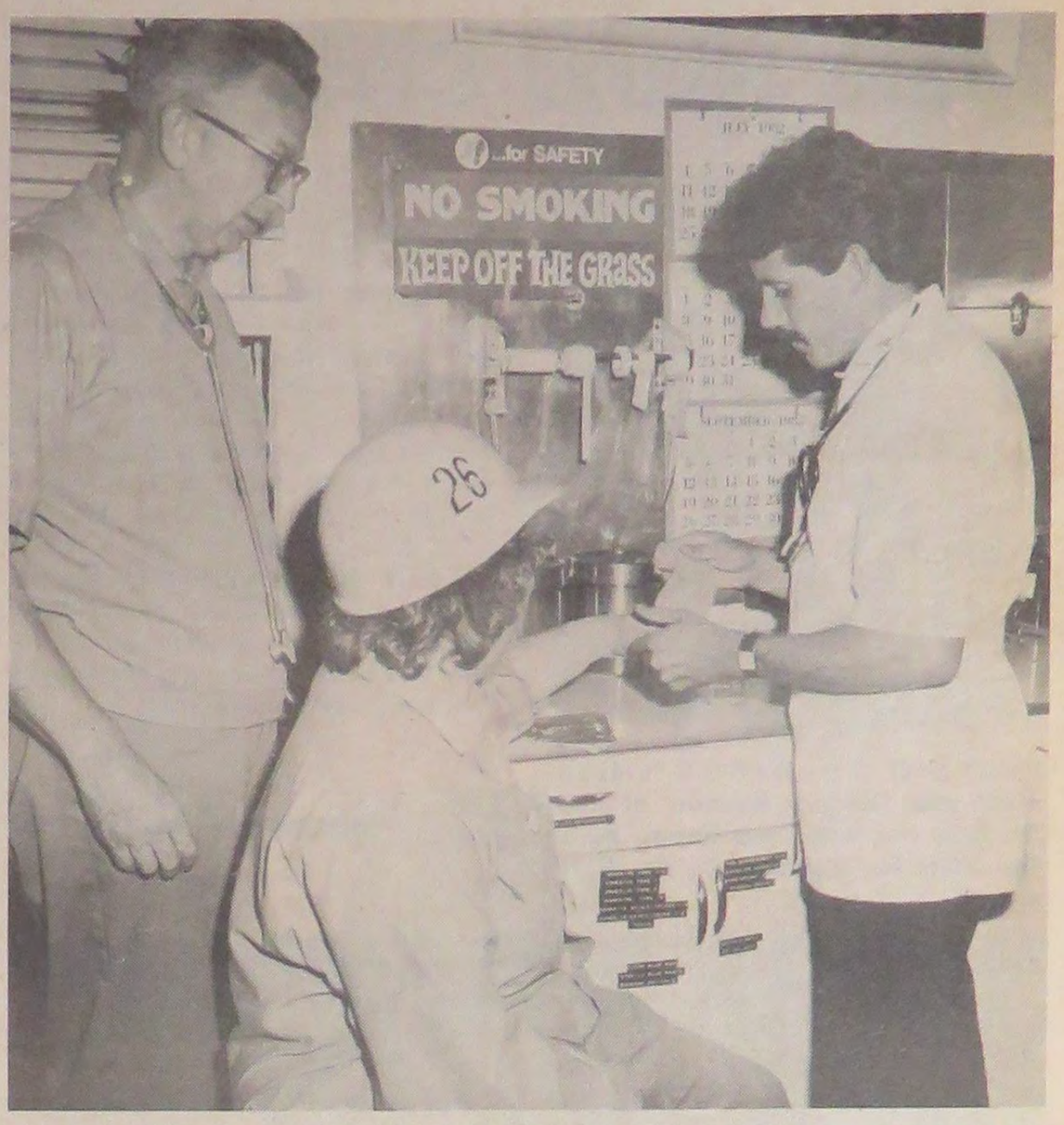
The 36 full and part-time civilian employees of the shipyard clinic, plus two hospital corpsmen assigned from the NSA clinic, provide a broad spectrum of occupational and industrial health services. Civilian employee physical examinations required for various programs such as radiation, asbestos and other potential industrial hazards, as well as new hire and termination exams, provide the largest part of the occupational health workload. Other occupational health services provided are sick call, fitness-for-duty exams, disability evaluations, optometry, audiology, medical records maintenance, x-ray laboratory, and some employee counselling on medical matters.

The industrial hygiene section provides consultation services and industrial hygiene inspection and surveys to the shipyard and to the other commands throughout the Oakland medical region. The well equipped industrial hygiene laboratory serves the entire medical center region as well.

Currently, the two clinics are located in separate old buildings but that is scheduled to change soon. A new clinic is currently planned for construction and expected to be completed in 1984 or 1985. The new 61,000 square foot building will provide for both of Mare Island's medical clinics as well as the base dental clinic. The new facility will allow for consolidating many of the functions such as x-ray, laboratory, pharmacy, and emergency services which are presently provided in both clinics.

Positioned at the tip of the bay, Mare Island is a most pleasant location to serve a tour of duty. The heart of California's wine country, the Napa and Sonoma Valleys, are just a few minutes away. Also nearby are the majestic redwoods, Russian River, the beautiful northern California coast, Lake Berryessa and a host of other recreational

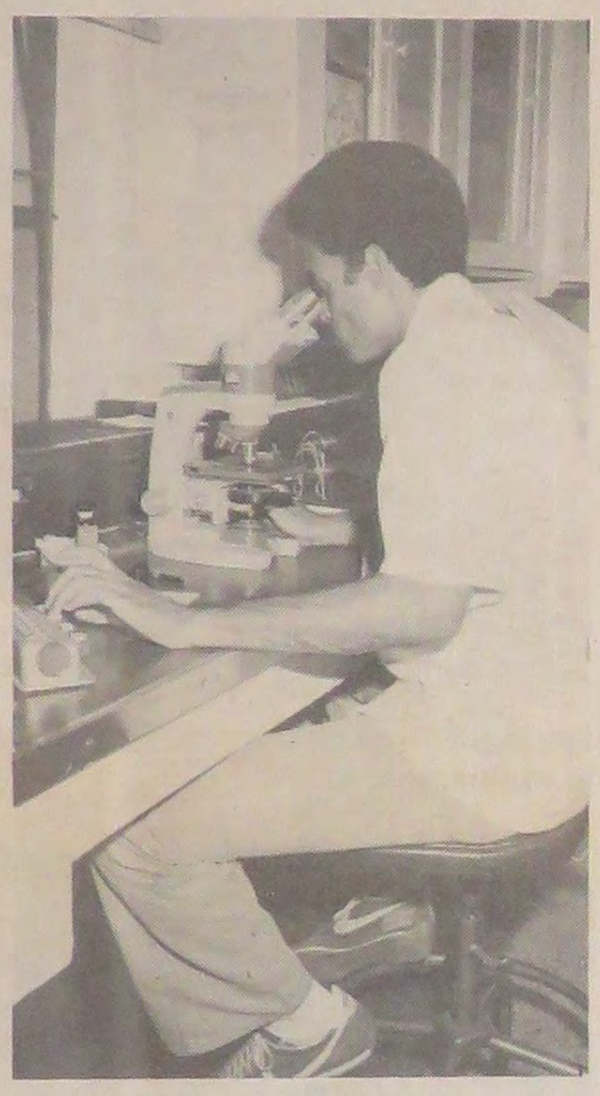
(Continued to page 10)



ACCIDENT VICTIM—HM2 Thomas Castro bandages the wrist of an injured shipyard worker while Dr. Werner Schmidt looks on.



OFFICER IN CHARGE—Medical Service Corps LCDR Len S. Watts supervises both NRMC Oakland clinics at Mare Island. One serves the Naval Support Activity and the other the Naval Shipyard population.



CIVILIAN LAB TECH—J. Cesar English works in the Mare Island Naval Shipyard clinic's well-equipped laboratory.



'TAKE A DEEP BREATH'—Cynthia Fokuda (l) tests the pulmonary function of one of Mare Island Shipyard's employees.



INDUSTRIAL HYGIENE—George Fulton uses a computer in his role as an industrial hygienist at the shipyard clinic.



X-RAY EMPLOYEE—Cleo Pulsifer is employed in the X-ray Department of the shipyard clinic.



CHECKING IN—Mare Island Naval Shipyard civilian employees check in at the clinic's front desk for emergency treatment or medical evaluations.

Mare Island Clinics--

(Continued from page 9)



PULLING CHARTS—Civilian employee Dolores Henson of the Medical Records Department, pulls the chart for a patient at the NSA clinic.

sites. Striped bass and sturgeon fishing are available off the piers on Mare Island or in the Bay and Carquinez Straits. There also is duck and pheasant hunting throughout the area. Of course, the state capitol, gold country, the Sierras, and the Delta Region are within easy driving distances as well. These are just some of the opportunities available in this area. The list could go on and on.

Today, nuclear submarines ply the waters to Mare Island rather than horses, but Mare Islanders feel fortunate that there was once a white mare that found her way ashore.





MEDICAL TEAM—Hospitalman Earl Books checks the IV as Mary English, civilian R.N., takes a patient's pulse.



EYE EXAM—Medical Service Corps LCDR E. J. Uffens, optometrist at the NSA Branch Clinic, checks a patient for glasses.



HOLDING STEADY—Dr. Clifford Wong positions a patient for eye examination in the shipyard clinic.



PICKING UP POINTERS—HM3 Dave Camlin observes as Medical Corps LCDR Francisco Manansala checks an unconscious patient in the Emergency Treatment Room.

Patient contact representatives receive complaints, questions

Throughout the Oakland naval medical region, increased emphasis is being aced on a Patient Contact Program imed at meeting patients' personal nd comfort needs, receiving complaints, and referring or providing direct ssistance to patients and their families solving problems or answering questons.

"Total medical care is based on the ppreciation of the inter-relationship of ocial, emotional and pathological rces in the care of the sick and jured," said Lieutenant Kay chneider, Chief of Outpatient dministration and the Command tient Contact Officer at the medical nter. "It is therefore necessary," she ntinued, "to center interests not merely on the disease process, but on the patient and his or her social background as well."

Officers in charge, or their administrative officers, at the region's branch clinics will implement the program at their activities. Contact point representatives have been appointed throughout the command and are undergoing special training to qualify them to receive patient complaints or inquiries, investigate, and insure patient satisfaction. Additionally, all newly assigned personnel involved in direct patient care will be briefed on the program before reporting to work sites in the hospital.

Effectiveness of the program will be periodically monitored through use of patient satisfaction surveys.

Contact point representatives at Oak Knoll are:

Kim Babendir, Ruth Ball, Joan Boltwood, Barbara E. Budesilich, HM1 Linda S.Chamberlain, Nancy Cohen, LT Susan Colligan, Helen T. Cupper, HN Rudy N. Delumpa, Hope A. Dorman, Ada L. Frazier, Rennae Humphrey, Mildred Johnson and HM2 Terrie Kane.

Also, Jane Lippincott, Millie Lumley, RP1 Roger Minks, HM2 Stephen H. Palmer, LCDR Mary Petrosky, Marjorie J. Ritchie, Delma Shanahan, Frances Sheykhzadeh, Anita Smith, Gudrun Smith, HM2 Sheila Sundbye, DT3 Betty Williamson, Elisabeth Winsby and Joan M. Wisley.



LT Kay Schneider
Command Patient Contact Officer



m Babendir
e Clinic



Ruth Ball
Allergy Clinic



Joan Boltwood
Central
Appointments



Barbara Budesilich
Telephone Office



Helen T. Cupper
Psychology



HM1 Linda
Chamberlain
Physical Therapy



ncy Cohen
mptroller



LT Susan Colligan
Psychiatry



HN Rudy Delumpa
Communications



Hope A. Dorman
OOD Desk



Ada L. Frazier
OG/Gyn Clinic



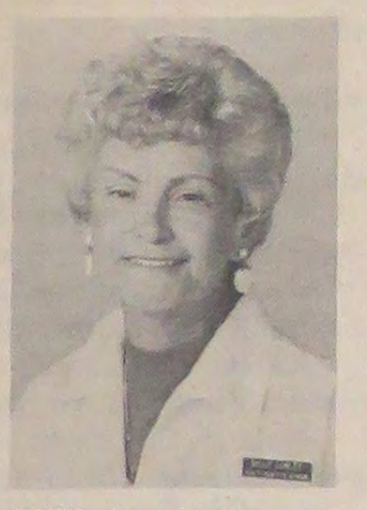
Mildred Johnson
Primary Care



2 Terrie Kane
rdiology



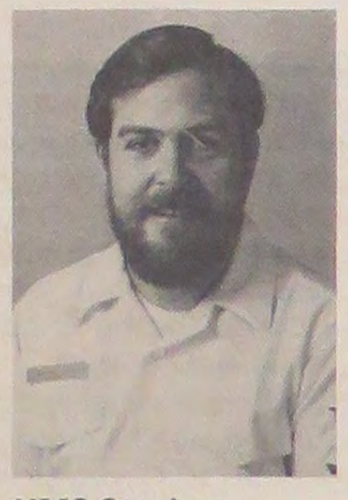
Jane Lippincott
Pastoral Care



Millie Lumley
Outpatient Service



RP1 Roger Minks
Pastoral Care



HM2 Stephen
Palmer
Dermatology



LCDR Mary Petrosky
Surgery Clinic



rjorie Ritchie
sical Therapy



Delma Shanahan
Food Service



Frances
Sheykhzadeh
Outpatient Service



Anita Smith
Surgery Clinic



drun Smith
thopedics



HM2 Sheila Sundbye
Ophthalmology



DT3 Betty Williamson
Dental Service



Elisabeth Winsby
Patient Affairs



Joan M. Wisley
OB/Gyn Clinic



INDOCTRINATION—Lieutenant (Junior Grade) Robert Owen, outgoing Chief of Military Manpower Service, briefs his relief, Ensign Mark Boman, in office procedures. Boman became chief of the service today as Owen was released from active duty to start a civilian business of his own in Oklahoma.

Captain Alice Martinson becomes first woman to head Navy hospital

Captain Alice M. Martinson, Medical Corps, U. S. Navy, became the first woman to command a Navy medical facility recently when she took over the helm at Naval Regional Medical Center, Philadelphia.

She comes from a Navy family. Her father served 28 years as a Civil Engineer Corps Officer, while her grandfather, a line officer for 47 years, commanded minesweepers in WWII, and was a pall bearer for the remains of John Paul Jones when the body was returned to the United States from France.

A native of Philadelphia, Dr. Martinson earned her medical degree at George Washington University and completed her internship and residency at Naval Hospital San Diego, followed by a fellowship in children's orthopedics at University of Southern California in Los Angeles.

She was Chief of Orthopedic Services at NRMC Long Beach and later, Clinical Consultant of the Bone and Joint Branch, Armed Forces Institute of Pathology. In 1980 she served as Assistant Chief, Orthopedic Services and Director of Resident Training at National Naval Medical Center, Bethesda. Before assuming command at Philadelphia she was Director of Clinical Services at NRMC Great Lakes, Ill.



CAPT Alice Martinson

Her professional interest is reconstructive surgery in hemophilia.

The early Navy-- (Continued from page 2)

original colonies were entering into an eight-year period of war with England, the second longest period of war in American history. Only our involvement in Vietnam lasted longer.

The Continental Congress was also concerned about a navy; they had none and realized that building one to oppose the British fleet's control of the seas and the American coastline would be necessary. But building and manning a navy could prove costly both in terms of lives and property.

Congress had intercepted letters from England that discussed two British ships sailing to Canada loaded with munitions and other supplies destined for the British army in the colonies. Many members of Congress urged that two colonial ships be commissioned, outfitted for war and sent to intercept and capture the two British ships. Capture of the supplies carried aboard the two British ships, as well as the capture of the ships themselves, they argued, would greatly aid the ill-equipped Continental Army around Boston and would establish the beginning of colonial naval operations.

Other members of Congress, however, argued that opposing the British fleet would be foolhardy and would only provoke the British into attacking undefended colonial coastal cities. Debate among Congressmen was heated, but when the motion was finally put to a vote, it passed. The Naval Committee was established Oct. 5, 1775, and was tasked with drawing up plans to intercept the two British transport ships sailing from England.

The three-man committee prepared a report for Congress in which it recommended the outfitting of two ships, the 14-gun brigantines **Andrew Doria** and **Cabot**, to cruise three months to the East to intercept the two British transport ships. The report was tabled for eight days so that all members of Congress could have a chance to read it. **Then, on Oct. 13, 1775, Congress voted to adopt the recommendations of the Naval Committee and to commission the two ships. That marked the birth of the Continental Navy, forerunner of the U. S. Navy.**

The Continental Navy was far removed from the modern Navy of today, but for the 13 colonies trying to gain their independence from England, it was a beginning. That date—October 13—is still celebrated as the birthday of the U. S. Navy. Happy 207th! (NES)

Advance pay for civilians moving to overseas jobs

Navy civilians transferred overseas can get a salary advance of up to six pay periods net base pay to help defray the moving and travel expenses. The single, lump-sum payment can be approved from a month before an employee's departure to three months after arrival at the new overseas duty station.

Employees reporting to an overseas duty station who want to supplement their regular travel and moving expenses may submit a "Request and Voucher for Advance Civilian Pay," DD form 2274 through their usual personnel or payroll channels. The forms are new and will soon be available from personnel and civilian payroll offices. Until the new form is available, advance pay can also be requested by submitting a Standard Form 50 and a letter. A copy of official orders must accompany all requests. A request for advance pay can also be included in the written official orders.

Employees repay the advance by payroll deduction over a maximum 13 pay periods beginning with the first pay period after the advance is paid. They also must guarantee in writing to repay in full any outstanding advance balance if they leave civil service.

Navy military people have received similar salary advances for about 35 years, and salary advances were authorized for civil service employees in the Foreign Service Act of 19 Further information is available at c lian payroll offices.

Comings and Goings

(Continued from page 7)

Hospital Corpsman Second Class Anson Walsh, Drug Screening.

Hospital Corpsman Second Class Robert Loewy, Drug Screening.

Hospital Corpsman Third Class Michael Lancaric, Drug Screening.

Hospital Corpsman First Class Cenon Jacobs, Drug Screening.

Hospital Corpsman Second Class Dominado Ugalde, Drug Screening.

Hospital Corpsman Second Class Terry Summer, Drug Screening.

Hospital Corpsman Second Class Enrique Fuentes, Drug Screening.

Hospital Corpsman Second Class Robert Vandenheuvel, Drug Screening.

Hospital Corpsman Second Class Perry Wiseman, Drug Screening.

Hospital Apprentice Chris Pogue, Nursing Service.

Hospital Corpsman Third Class Kathe Thompson, X-ray School.

Seaman Recruit Alton Martin, Drug Screening.

Seaman Recruit Michael Keliher, Drug Screening.

Senior Chief Hospital Corpsman Charles Lee, Drug Screening.

Chief Hospital Corpsman John Angle, Drug Screening.

Hospital Recruit Nardo Lucas, Operating Management/Operating Room School.

Hospital Recruit Joseph Zayas, Neurology Clinic.

Hospital Recruit Dennis Blankenship, Operating Room School.

Chief Hospital Corpsman Robert Schoening, Drug Screening.

Seaman Recruit Joseph Hecker, Drug Screening.

Hospital Recruit Ronald Register, Operating Room School.

Hospital Apprentice Paul Mazurek, Pharmacy.

Seaman Recruit Rowena Keil, Drug Screening.

Captain Paul Majewski, Preventive Medicine.

Lieutenant Commander Victor Rosales, Primary Care.

Lieutenant Commander Cecilia Rosales, Primary Care.

Household goods must be shipped within six month

Some former Navy members h reported they were not aware of r time limits regarding shipment household goods. The Uniform Pay Benefits Act of 1981 required, eff tive Nov. 1, 1981, that personnel s their goods or make application shipment within six months a separation.

After applying, if personal hard prevents shipment within six mor they must reapply to a Personal perty Shipping Office for an exten Retiring members still have up to year for shipment.

Shipping foreign aut creates some proble

Service members stationed o seas who ship foreign cars to United States are finding, in s cases, their automobiles do not U. S. standards due to improper version. Service members are inconvenienced by fines and the to pay another mechanic to do the correctly.

The Environmental Protec Agency (EPA) will issue waivers of tain environmental standards, warns that safety standards will no waived. Vehicles that cannot be m to conform to U.S. standards will be allowed to remain in the U. S.

Because of the expense and in venience of importing foreign EPA officials advise buying only v cles which are certified and labele sale in the United States.

Questions about emission stand can be addressed to: U. S. Envi mental Protection Agency, Manu turers Operating Division, EN3 Investigation and Imports Sec Washington, D.C. 20406.

Safety requirement questi should be addressed to: Direc Office of Vehicle Safety Compli National Highway Traffic Sa Administration, U. S. Departmen Transportation, Washington, 20590.



COLUMBU DAY 1982

OCTOBER

Worldwide selection

DoD surveys 26,000 on drug, alcohol abuse

The Department of Defense has announced that a worldwide drug and ohol abuse survey is being ministered to approximately 26,000 itary people. The survey will be con- cted at some 60 locations through vember 1982. It began last month.

The objective of the survey, accord- to Dr. John H. Johns, Deputy Assis- t Secretary of Defense for Drug and ohol Abuse Prevention, is to deter- e the use of alcohol and drugs in the military services. In addition, survey is expected to depict any ysical, social and work conse- ences, including drug and alcohol pendence.

The survey is voluntary, Johns said, d individual responses will be anonymous. "This survey is one of our ways of ensuring that we define the true nature of the problem," he explained.

A civilian contractor is conducting the survey. Representative samples are being selected from the Pacific, Europe, the United States and other sites by paygrade groups E-1 through E-5; E-6 through E-9; W1 through W4; 01 through 03; and 04 through 06. Individuals for survey participation will be randomly selected by name.

The survey will be similar to the one administered in 1980 which found that overall drug use had decreased since a previous worldwide drug abuse survey was conducted in 1974.

BuMed explains realignments

During the 1970s, the number of eficiaries eligible for naval health e dramatically increased, while the ff of the Medical Department pro- ng this care decreased. For a period time, this dramatic asymmetry in lth care providers and recipients s accommodated through ionalization of health care facilities l emphasis on peacetime medicine. was determined, however, that this phasis was at the growing expense preparedness for wartime con- gencies in which navy medical per- nel would deploy with the operating ces. In recognition of this trend, a nber of studies were conducted to k efficiencies within the present tem. No single solution was found which the existing Medical Depart- nt headquarters staff could ade- tely plan, program, and supervise h wartime medical readiness and peacetime health care consti- ncy.

As a result of these conclusions, the pector General was directed to ey the Navy hospitals and regional dical care systems and, in the rse of his regular triennial inspec- of the Bureau of Medicine and gery, determine whether present ffing was adequate and properly anized to support future naval lth care requirements. His finding, was widely anticipated, was that it ld not.

s a consequence of these ongoing ews, and after confirmation of cur- inadequacies by the Navy Inspec- General, major realignments within Medical Department are being lemented to improve our focus and bility in the area of wartime medi- eadiness. This implementation will accomplished without adverse act on peacetime beneficiaries. ong the steps now underway are:

. Separation of hospital manage- nt from regional medical center nagement to improve the span of trol.

. Addition of staff to regional medi- commands to improve the con- ency planning, reserve affairs, and ncial management of regional lities.

. The major naval hospitals, such as nesda, will be internally reorganized n a management standpoint, to rove internal control and better neate administrative and clinical ctions. For example, an Executive cer billet has been established in this new organization to improve inistrative and military oversight of hospitals.

. Separation of policy and planning ctions from budget execution and pervisory management respon- lities within the Bureau of Medicine and Surgery headquarters, Washington, D.C. This action will require some increase in headquarters health care personnel, which will be offset from within overall Navy resources.

As an essential part of the realignment program, the Bethesda hospital was commissioned as a separate command on Sept. 1. The Naval Hospital in San Diego will be commissioned on Oct. 1. It is anticipated that these realignments will be continued throughout calendar year 1983, with the ultimate objective of redesignating the Bureau of Medicine and Surgery as the headquarters of the Naval Medical Command. These actions and their completion dates will depend upon a continuing review of the implementation process and necessary revisions to Title 10 of the U. S. Code.

In summary, naval health care over the past decade has developed a significant imbalance between the Medical Department and its constituency, with a staff ratio far below other military services. Actions are being taken to correct this situation, with particular emphasis on medical readiness for military contingencies, which has in the past necessarily been subordinated to the support of the Navy's peacetime health care system.

Volunteers needed for 'helpline' service

"Helpline," sponsored by the Family Service Center at NAS Alameda, is looking for volunteers to help provide counseling, advocacy, crisis intervention and referral services and information to the military community.

A 30-hour training period for volunteers will begin tomorrow and run through Oct. 10. Volunteers must be 18 years of age or older and experienced with military life.

Call 869-4256 for further information.

Vosloh to Philadelphia

Medical Service Corps Commander David Vosloh, former NRMC Oakland Chief of Operating Management and more recently Director of Administrative Services (DAS) at Naval Regional Dental Center, San Francisco, is leaving the Bay Area today for a new billet as DAS for Naval Regional Medical Center Philadelphia, Pa.

Commander Vosloh detached from Oak Knoll in November 1980 but has continued to be a frequent visitor to the command in coordinating dental administrative matters.



American Heart Association

AS THE USS PROTEUS puts out to sea on a three-day training cruise, Chief Henry O. Grady, applying chest compression, demonstrates advanced cardiopulmonary resuscitation (CPR) to the ship's medical corpsmen.

Medical corpsmen learn CPR at sea

Hospital Corpsman assigned to USS PROTEUS underwent 13 hours of intensive training in cardiopulmonary resuscitation (CPR) while "at sea" during a three-day training period earlier this year.

Chief Hospital Corpsman Henry O. Grady, an American Heart Association certified instructor in CPR assigned to the Naval Regional Medical Branch Clinic at Naval Station, Guam, joined the PROTEUS for the March 4-6 "underway" period to conduct the training.

"Little did I know in November, 1980, when I attended a CPR instructor course by the Guam Unit of the Hawaii Heart Association, that I would someday be aboard a ship in the Philippine Sea, conducting a CPR course."

"CPR is an essential skill for a shipboard environment," said PROTEUS Lieutenant Harrison Kerchner, Medical Division Officer. **"The hazards of shipboard duty range from drowning to electrical shock. These hazards, coupled with the natural causes of cardiac arrest, make it a matter of 'the more the better' as far as CPR training is concerned.**

"Our goal," he continued, "is to have all our Hospital Corpsmen certified as American Heart Association CPR instructors, and have them train other crewmen in CPR.

"It was difficult to conduct such extensive training while underway at sea," said the Lieutenant. "We not only had our routine duties, but all the training that only going to sea gives us a chance to perform. Nevertheless, this was important enough to make the time available while we had Chief Grady aboard."

While at sea the ship was put through some vigorous training exercises, which interrupted the course from time to time, but the corpsmen are highly motivated personnel. They are dedicated to one goal: "to provide the best medical support possible" both in port and at sea for the USS PROTEUS and the submarines she services.

This CPR training is just a first step. The next is to certify the entire staff of Hospital Corpsmen as American Heart Association CPR Instructors, who will then be able to train the ship's company in continuing a certification and recertification program.

American Heart Association is one of the many national, health agencies financially supported by our contributions to the Combined Federal Campaign.

So you want to be a vegetarian?

Whether you are a vegetarian or have been thinking about becoming one, your body has certain nutritional requirements that must be met to maintain a healthy diet. Diet deficiencies are more likely the more restricted a diet is, particularly in growing children.

As long as a variety of plant foods is included in the daily diet, vegetarians will get along very well, according to the Food and Drug Administration. Vegetarians should never rely on a single plant food source.

To eat well on a vegetarian diet the following food groups are recommended.

Legumes, which are rich in protein, B-vitamins and iron, are particularly important for women since they have difficulty getting enough iron in normal diets. Grains are necessary to supply carbohydrates, protein, thiamine, iron and trace minerals. Nuts and other seeds contain B-vitamins, protein, iron, and provide fat which supplies energy. Dark green leafy vegetables are sources of calcium, riboflavin and carotene and should be used liberally.

A well balanced vegetarian diet contains two servings of high-protein meat alternatives (legumes, nuts, peanuts, eggs, meat substitute and dairy products) a day.

The high fiber content of vegetarian diets provides a natural laxative and discourages overeating, since one fills up quickly on roughage.

More information is available free by writing.

"Vegetarian Diets"
Consumer Focus
Pueblo, Colo. 81009

• • •



"No, not before, take one *instead* of breakfast, lunch and dinner."

Early military medicine

First U.S. Navy physician to SF Bay Area in 1846

By Jane C. O'Sullivan

The first Naval physician to enter San Francisco Bay was Dr. DuVal, an officer with the ships that were active in California waters in 1846 during the war with Mexico. During early engagements of this war, Navy men served as the principal ground troops under General Kearny and in the Fremont Battalion. When Army troops finally arrived by ship they were debilitated by scurvy. After the Battle of San Pasquale in 1846 the wounded were transported to San Diego, where Naval surgeons cared for them under extremely primitive conditions.

California was a remote outpost in those days. When an Army doctor lost his mule he sent to the Sandwich Islands (Hawaii) for medical supplies. At first there were no hospitals. The first hospitals in California, built in 1852, were established by the U. S. Army. Navy doctors at San Diego, and Monterey used tents and log buildings. Eventually the double, two-tiered wooden bunks were replaced by metal bunks.

At frontier posts the sickness rate was 30% and troops were incapacitated by infectious diseases far more than by wounds. The occurrence was high for malaria and other intermittant fevers, respiratory and gastrointestinal infections, scurvy and other nutritional deficiencies. Troops were wounded far from the post, and their transport by horse or travois took many days or weeks.

During the Modoc Indian wars in Northern California occurred the first recorded instances of Army doctors, or civilian contract doctors, going into the field to rescue and treat the wounded.

Medical treatment on the frontier was non-specific, non-helpful, and often contributed to the patient's demise. The usual approach was cupping, leaching and purging. Quinine, a specific for malaria, was used for all fevers. Calomel, a mercurial preparation, was used extensively and was probably toxic. The treatment was primitive and the physicians and hospital stewards were poorly trained; but they were keen observers and were sympathetic. Army doctors were required to keep a daily log, not only for the hospital and health statistics, but of the climate, botany, zoology, geology, Indians and social events of the times. These logs contribute a great deal to modern historical knowledge of frontier life.

California was admitted to the Union in 1848 and had been a state for 16 years when the Civil War broke out. By that time money was pouring into the banks in San Francisco from the gold fields, and from the Comstock silver lode in Nevada. At the outset of the Civil War the medical service of the Union Army was not organized. Wounded lay untreated on the ground for many days. President Lincoln organized the United States Sanitary Commission. The Surgeon General, Dr. William Hammond, appointed Jonathon Letterman in charge of the Army Medical Serivce. Under the brilliant leadership of this young officer, for whom Letterman Army Hospital in San Francisco is named, the modern era of field medicine was developed. Dr. Hammond patterned a system of field ambulances after the Napoleonic campaigns. He took the regimental physician out of the command of the regiment and organized the Medical Corps, with experienced senior officers teaching the others and supervising the field hospitals. Supplies were delivered when and where they were needed. The first hospital ship, Red Rover, appeared on the rivers of the south to transport the wounded and sick back to hospitals in the cities. Wounded who could be returned to serve were treated in the field rather than evacuated. The professional training of women for nurses was begun.

The cities of the north raised large sums of money to support the work of the Sanitary Commission; but about a third of the funds came from California. Every three months a ship left San Francisco for Washington with $100,000 in gold and silver for the work of the Sanitary Commission in caring for the wounded of the Union Armies. Even though the first Union military engagements were disastrous, the medical system organized under Dr. Letterman worked.

Confederate doctors had the same training, the same books, and essentially the same system; but the blockade made supplies difficult to obtain. Many home remedies were used. Quinine was smuggled in and was considered as valuable as ammunition. Californians who had family members serving in the confederate forces also raised money for the relief of prisoners in Union camps. Although the newspapers tried to raise a hue and cry about this activity, the authorities tolerated it as long as it was done "quietly."

The collection of funds to support the work of the Sanitary Commission, begun as a project of the San Francisco Board of Supervisors, spread to other cities and to the mining camps. In 1863 note was taken of a special contribution from the officers at the Navy Yard at Mare Island.

There is no doubt in the minds of historians that gold from California and silver from Nevada played a substantial part in the Union strength in the Civil War. In addition, San Francisco Bay was strategically valuable. Remains of posts and fortifications may be visited in many local parks, and pictures and records are in the museums. Many Army and Navy doctors who saw service on the Pacific Coast in early days went on to become outstanding figures in national and world history, and in the beginnings of modern scientific medicine and bacteriology.

Camp for Kiefaber

Captain Joe D. Camp assumed command of the Military Sealift Command, Pacific, in formal ceremonies held yesterday at Naval Supply Center, Oakland.

He relieved Captain Thomas G. Kiefaber.

New Atlantic commander

The Defense Planning Committee of the North Atlantic Council in Brussels, Belgium, has announced that Vice Admiral Wesley L. McDonald succeeded Admiral Harry D. Train II as Supreme Allied Commander, Atlantic.

Concurrent with the announcement, Secretary of Defense Weinberger said that President Reagan has approved the nomination of Vice Admiral McDonald for appointment to the rank of Admiral and assignments as Commander-in-Chief Atlantic and Commander-in-Chief, U. S. Atlantic Fleet.

Vice Admiral McDonald formerly served as Deputy Chief of Naval Operations for Air Warfare.

Our patients write. . .

I want to express my thanks and gratitude to you and your staff while I was patient in Room 612 North. Your ENT Group, Drs. Mendez, Ellison, Perlman an Sameshima, handled my case in a very efficient manner and were very compassi nate and concerned about me.

The nurses and corpsmen certainly gave me the best treatment ever.

My congratulations to you, sir, and your staff for a job well done.

LT COL (Ret) D.M. McCrea, US
Grass Valley

. . .

I would like to acknowledge the Medical and Surgical expertise of all the personn of Primary Care, the Red Surgical Team, and Ward 6 North.

The medical expertise of Dr. Ford of Primary Care. . . undoubtedly added years my life.

The prompt and corrective surgery of the Red cardiac vascular personnel has be highly recommended.

The nursing care of all the personnel of Ward 6 North was the most attentiv post-operative care any patient could desire.

In closing, I take great pride in thanking one and all involved in my recent surgery

Ralph C. Miantine
CWO2 Retired

. . .

I find myself obligated to write this letter, because of the professionalism an treatment I received at Oak Knoll.

I'm not a doctor, but I say professionalism because of the manner in which all th doctors, CAPT Oller, Drs. Zeck and Reed, Nurses Owen, Herrera and two othe nurses whose names I did not get; also corpsmen Sharon Hine, Brewer and Moor

During my stay at Oak Knoll, I was treated courteously and with consideration. have never been treated better in any hospital at any time.

I am extremely grateful for the way I was treated and I just can't say it enoug

Again, thank you.

Salvador Ayal
QMC USN
(Ret.)

MED • SCAN

A quick look at recent health care developments

The National Cancer Institute (NCI) is expected to announce shortly a cancer prevention program. Prior to this announcement NCI's research interest has been primarily in treatment, but this new program, labeled "chemoprevention," **will support broad-scale research into vitamins and the chemicals present in foods which may inhibit the development of cancers.** Invitations will be extended to researchers to apply for grants in the fields. Among some of the prime candidates for investigation include brussel sprouts, cabbage, fruit, green coffee beans and black tea. It is expected, according to a speaker at the first international conference on the effect of vitamins on cancer, held at the University of Arizona, that in 10 years there will be a new scientific basis for the use of vitamins in the prevention and treatment of cancer. The renewed interest in vitamins has been spurred by mounting evidence that vitamins A, C and E somehow affect various immune functions. The complexity of the subject is emphasized by researchers who are still investigating the mechanisms by which vitamins are utilized by the body. Furthermore, it is theoretically possible to synthesize thousands of variations of such vitamins as A. But the scientists are sure that the synthetic versions of the vitamins will in time lead to the possibility that specific synthetic vitamins may be designed to combat specific cancers. But no one is ready to recommend a specific diet or the widespread use of vitamin pills.

. . .

Disquieting signs that the **Environmental Protection Agency intends to drop its regulations limiting the lead content of gasoline** prompted the American Academy of Pediatrics to urge the agency to reconsider its decision. Even now, small gas blenders are flooding the market with cheap, high-lead content gas, according to *Medical Tribune*. These blenders had been under notice to reduce their lead content by October of this year, but now apparently have no deadline. In the most recent check of blood levels of lead, four percent of all U. S. children between the ages of six months and five years had levels that were classified as "dangerous," and 11.6 percent of the children in the inner cities had dangerous levels. Children in families with incomes below $6,000 had levels nine times those of families with incomes above $15,000. **The effect of lead poisoning on IQ level and learning ability is critical and well-documented.** Although it is difficult to pinpoint the sources of lead concentration in the blood, nevertheless lead levels in the air and blood usually coincide. Between 1976 and 1980 the use of lead in gas production and the presence of lead in the blood declined at the same rate.

. . .

There he is, in all his glory, casually standing in the batter's box, the envy of every little leaguer who has ever slid heroically into home place. Then the camera zooms into a close-up of his face, and there, lodged securely in his left cheek, is a lump the size of a golf ball. The advertising endorsement by George Brett, of the Kansas City Royals, is the answer to the lump on his cheek and to the skyrocketing sales of chewing tobacco and snuff. Role-model Brett and other sports figures and rock stars are featured prominently in TV ads for "smokeless" tobacco, which had more than seven million users in the U. S., in 1981. In 1976 a government survey estimated that six million Americans used chewing tobacco or snuff. The American Cancer Society lists three health hazards: leukoplakia, a disease of the cheeks, gums or tongue, characterized by white, thickened patches which in five percent of the cases progresses to oral cancer. Dental problems, particularly receding gums and cavities, and a dulled sense of smell and taste. One especially sinister note: A bubble gum manufacturer now markets shredded gum that has the look of chewing tobacco strands. The stuff is packaged in a roll-away package, just like the chewing tobacco packs, into which the George Bretts of the future can dip for their chaws.



)UNG RECRUIT—Michael guerra, 2½, without prompting, ned his dad, HM2 Aurello guerra, Jr. in taking a reenlistment th in a mid-September Clinical sembly ceremony. The youngster pt his hand raised during the entire ading and appeared to sense the lemnity of the occasion. Also witssing the ceremony was the hthalmology corpsman's wife ary Ann.

VA offers tips on education aid

The Veterans Administration has some suggestions to help students avoid delays in their VA education payments.

Every month 600,000 VA checks worth more than $200 million are mailed, nationwide, to veteran-students and to eligible dependents. In an attempt to avoid possible delays, the VA suggests the following:

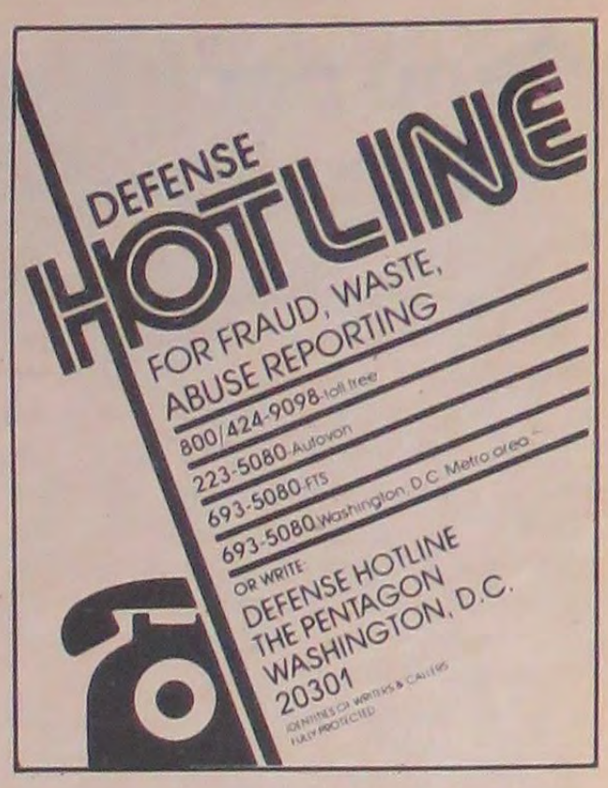
* When a student believes the initial payment for the school term has been delayed, he or she should check with the school to find out the date the enrollment certificate was sent to the VA. At least four weeks should be allowed from that date before an education check can be expected.

* If an advance payment check is expected, the student should make sure the required written request is signed. The specific request for the advance money should have been submitted to VA at least a month before the beginning of the semester.

* Students who have gotten education benefits in the past should consider whether an overpayment is recovered by the VA.

For further information on possible education payment delays, veterans should contact the nearest VA regional office. Toll-free numbers are listed in the white pages of the telephone book under "U. S. Government."

The VA regional office in San Francisco is located at 211 Main Street (corner of Main & Howard).



Absentee voting requests due

The 1982 general election will be held Nov. 2. All 435 seats in the House of Representatives and 33 in the Senate will be up for election. In addition, 36 state governors will be elected, along with numerous state and local officials.

Navy Voting Assistance officers and counselors should ensure that every eligible absentee voter is provided the Federal Post Card Application (FPCA) so that he or she may request a general election ballot from state officials. Members and their dependents wishing to vote in the 1982 general election should complete and mail the FPCA immediately.

Classifieds

For Sale

Pool Table-Genuine slate bed, Solid mahogony with walnut finish, Queen Anne legs, custom accessories, rack, sticks, balls etc. Really beautiful, like new condition. Must sacrifice, $975 takes all. Call 639-2271 or 786-1308.

BIRTHS

The following additions to the medi- "family" have arrived at Oak Knoll:

A baby boy to Hospital Corpsman cond Class Jesse L. Laster, Treasure nd Branch Clinic, and his wife Karen, ct. 12.

A baby boy to Chief Hospital Corpsn Frederick L. Lang, Education ter, and his wife Melody Ann, Sept.

A baby boy to Lieutenant Comnder Peter E. Fern, OB/GYN Resit, and his wife Susan, Sept. 13.

A baby boy to Hospital Corpsman rd Class Maria Mercedes Evans, erating Room Technician, and her band David, Sept. 18.

A baby boy to Hospital Corpsman cond Class Layne A. Pontnack, USS TERPRISE (CVN 65), and his wife berley, Sept. 18.

A baby boy to Senior Chief Master-Arms Phillip Sharp, Security Departnt, and his wife Linda Ann, Sept. 19.

A baby boy to Hospital Corpsman rd Class Renaldo Rucker, Branch dic Treasure Island, and his wife aron, Sept. 20.

A baby boy to Hospital Corpsman rd Class Michael L. Duarte, USCG pport Center, Alameda, and his wife nda, Sept. 22.

Military pay--

ntinued from page 6)

vn retired pay to the nearest dollar ch month.

None of the proposals listed above ll become law unless approved by th the House and Senate, and signed the President. The Senate bill is now nding action in the body. House tion, on their version of the FY-1983 y bill, is not yet scheduled, but is ticipated soon.

Walk, Then Jog To Fitness

Exercising now is a sound investment in good health later. And the first step to starting an exercise program is a thorough medical checkup. If you haven't had an exam in the past year, or if you are past 30, the checkup may help you avoid serious consequences.

Chances are, your physician will give you an unconditional go-ahead.

Printed below are walking and jogging programs recommended by the President's Council on Physical Fitness and Sports. Before you begin one, however, the Council suggests you take a walk and/or walk-jog test to help you find out what shape you're in, and at what level to start your fitness program.

Walk Test. The object of this test is to determine how many minutes (up to 10) you can walk at a brisk pace, without undue difficulty or discomfort, on a level surface.

- If you cannot walk for five minutes, you should begin with the **Walking Program.**
- If you can walk more than five minutes, but less than 10, you should begin with the third week of the **Walking Program.**
- If you can walk for the full 10 minutes, but are somewhat tired and sore as a result, you should start with the **Walking-Jogging Program.**
- If you can breeze through the full 10 minutes, you are ready for bigger things. Wait until the next day and take the Walk-Jog Test.

Walk-Jog Test. In this test you alternately walk 50 steps (left foot strikes ground 25 times) and jog 50 steps for a total of 10 minutes.

Walk at the rate of 120 steps per minute (left foot strikes the ground at 1-second intervals). Jog at the rate of 144 steps per minute (left foot strikes ground 18 times every 15 seconds).

- If you cannot complete the 10-minute test, begin at the third week of the Walking-Jogging Program.
- If you can complete the 10-minute test, but are tired and winded as a result, start with the last week of the Walking-Jogging Program before moving to the Jogging Program.
- If you can perform the 10-minute test without difficulty, start with the Jogging Program.

Walking Program

Week	Daily Activity
1	Walk at a brisk pace for 5 minutes, or for a shorter time if you become uncomfortably tired. Walk slowly or rest for 3 minutes. Again walk briskly for 5 minutes, or until you become uncomfortably tired.
2	Same as Week 1, but increase pace as soon as you can walk 5 minutes without soreness or fatigue.
3	Walk at a brisk pace for 8 minutes, or for a shorter time if you become uncomfortably tired. Walk slowly or rest for 3 minutes. Again walk briskly for 8 minutes, or until you become uncomfortably tired.
4	Same as Week 3, but increase pace as soon as you can walk 8 minutes with soreness or fatigue.

When you have completed Week 4 of this program, begin at **Week 1** of the **Walking-Jogging Program.**

Walking-Jogging Program

Week	Daily Activity
1	Walk at a brisk pace for 10 minutes, or for a shorter time if you become uncomfortably tired. Walk slowly or rest for 3 minutes. Again walk briskly for 10 minutes, or until you become uncomfortably tired.
2	Walk at a brisk pace for 15 minutes, or for a shorter time if you become uncomfortably tired. Walk slowly for 3 minutes.
3	Jog 20 seconds (50 yards). Walk 1 minute (100 yards). Repeat 12 times.
4	(Same as Week 3)

When you have completed Week 4 of this program, begin at **Week 1** of the **Jogging Program.**

Jogging Program

Week	Daily Activity
1	Jog 40 seconds (100 yards). Walk 1 minute (100 yards). Repeat 9 times.
2	Jog 1 minute (150 yards). Walk 1 minute (100 yards). Repeat 8 times.
3	Jog 2 minutes (300 yards). Walk 1 minute (100 yards). Repeat 6 times.
4	Jog 4 minutes (600 yards). Walk 1 minute (100 yards). Repeat 4 times.
5	Jog 6 minutes (900 yards). Walk 1 minute (100 yards). Repeat 3 times.
6	Jog 8 minutes (1200 yards). Walk 2 minutes (200 yards). Repeat 2 times.
7	Jog 10 minutes (1500 yards). Walk 2 minutes (200 yards). Repeat 2 times.
8	Jog 12 minutes (1700 yards). Walk 2 minutes (200 yards). Repeat 2 times.

Reno package saves 'bucks'

Special Services offers a three-day travel package to the MGM Grand Hotel in Reno, Nov. 19-21, at a terrific discount.

A deluxe motor coach will leave NRMC Oakland at 4 p.m. on Friday, Nov. 19 and return to the same location at 4 p.m. the following Sunday. The package includes bus transportation, two nights at the hotel, tickets to the fabulous "Hello Hollywood, Hello" show and two free cocktails.

The special military rate is $88 single occupancy or $63 per person, double occupancy. (Normal prices are $18 for the show and room rates start at $46 per night, so this package is a considerable savings.)

Call Sally at 639-2479 to sign up, or for additional information.

Steam train parties possible at discount

Every Saturday night throughout October, there'll be a Moonlight Steam Train Party at Roaring Camp in Felton (near Santa Cruz). The parties will feature a steam train excursion through giant redwoods, a barbecue steak dinner, old-time country music and dancing around the campfire.

Normal price for the package is $25 per person. However, with an "All Aboard! Club" card, available from Special Services, the rate is $22.50 each.

Private moonlight parties of your own for a minimum of 100 people are possible. For more information, call Sally Young at Ext. 2479.

Military cowpokes to compete in rodeo

Some of the old west is kept alive by the military each year in Yuma, Arizona.

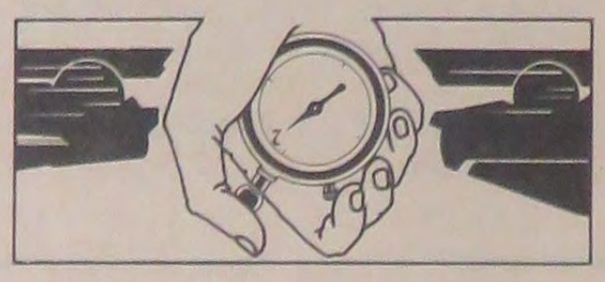
Yuma is the scene of the Annual National Military Finals Rodeo, scheduled for Nov. 12 and 14 this year. The best military cowboys and cowgirls in the world will match their wits and prowess against wild bulls, horses, steers and calves.

Events will include: Bull and bronc bareback riding, saddle bronc riding, wild horse racing, steer and calf roping, barrel racing and steer dressing. Steer dressing, in case you aren't familiar with the ways of the old west, is an event in which a three-man team attempts to put a pair of panties on a 500-pound (or more) steer while it's running loose in the arena.

Also this year, a military cowboy association will be set up prior to the rodeo, which will assist in keeping ratings on cowboys that can be used for future rodeos to establish eligibility.

For more information about the association or for an application for the rodeo events, contact Pat Schantek at the Yuma Jaycee Clubhouse, 1798 Arizona Ave., Yuma, Ariz. 85364, or call (602) 344-0072.

Come out ahead: Stay behind



Want to stay alive and healthy? Try counting to two.

If you're not trailing at least two seconds behind the car ahead of you, you may not have enough time to react if that car suddenly slows or stops.

The "2-second rule" is easy to use, works at any speed, and is more accurate than the old "one-car-length-for-every-10-mph" guideline, according to the National Safety Council.

Here's how it works:

First, watch the vehicle ahead of you pass a fixed point such as an overpass, sign, fence post, etc. Then, begin counting off the seconds it takes you to reach the same spot in the road—"One thousand and one, thousand and two. . ."

If you reach that spot before two seconds have passed, you should slow down and increase your following distance. Then check the distance again until you are at least two seconds behind.

Remember, 2 seconds is the minimum. In bad weather and when driving conditions are hazardous, increase the number of seconds and your following distance to be sure you have enough time and space to react.

Military photo contests slated

The 19th Interservice Photography Contest, to be held Dec. 13-17, 1982 at Scott AFB, Ill. will include entries from the Navy, as well as the other military services, for the first time since 1976.

Navy entries to the contest will be selected at the 1982 Navy Photography Contest which is scheduled for the week of Nov. 8-12 at NAS Alameda, Calif. To be eligible for either competition, photographs must have been taken by Oct. 31, 1982.

Photographic categories are: general, people, scenic and experimental. Both novice and experienced photographers may enter the contests, and may submit three entries in each category. U. S. Savings Bonds will be issued to winners of the Navy competition whose photos will be submitted to the interservice contest.

For more information, contact the Recreation Branch, Navy Military Personnel Command, Autovon 224-4388 or commercial (202) 694-4388.

U. S. Government Printing Office
1979-33235-689-150/13

HM2 Stephanie Butler

Branch clinic corpsman in racquetball tryout

Hospital Corpsman Second Class Stephanie A. Butler of NRMC Oakland's Naval Supply Center Branch Clinic has been selected to participate in the 1982 Navy Men's and Women's Ra quetball Trial and Training Event NAS Miramar, San Diego, Oct. 2-1

If further selected, she will join team representing the Navy in 1982 Interservice Men's and Wome Racquetball Championships.

NRMCO trounces USS HALEAKALA

By Ron Brown

Defense was the key as NRMCO stopped several drives near the goal line, and with three key interceptions by Dale Graham highlighting the afternoon, NRMCO opened its 1982 Flag Football Season with a sounding 13-0 win over the USS HALEAKALA.

The two teams battled even in the second half as NRMCO went into the intermission with a 13-0 lead.

Putting pressure on the visitor's quarterback was Phil Herman (Frick) and Ian Anderson (Frack) of "Frick and Frack".

NRMC scored touchdowns on a 30-yard pass and run play from Scott Claudus to Roosevelt Wardell. NRMCO could not muster a point after touchdown (PAT) and lead by a score of 6-0 until Mark Ford ran the ball in from five yards out to make the score 12-0 with five minutes left in the second quarter. The PAT was successful and NRMCO led 13-0. The score stood throughout the second half as several scoring drives by the USS HALEAKALA were stopped by the NRMC stalwart defenses.



"You tell him his Overseas Deployment ribbon is in the wrong place!

'Ironman' lures jocks to Hawaii

Thirty-three athletes from the Arm Navy, Air Force and Marines are amo 850 men and women from 45 stat and 10 foreign countries who ha signed up to compete in the sixth Iro man Triathlon World Championship be held in Kailua-Kona, Hawaii on O 9.

Considered the most demandi athletic event in the world, the Ironm Triathlon consists of a 2.4-mile op ocean swim followed immediately by 112-mile bicycle race, then a 26.2 m marathon. The total elapsed ti required to complete the three legs the triathlon determines the finisher place. The person with the lowest ove all time is the winner.

Race officials limited the number o entrants this year to 850 for logistic reasons. By June 17, two month before the application deadline, th race was filled. Since then, more th 400 applicants have been turned awa

The "Ironman" got its start in 197 when Navy Commander John Collin and some athlete buddies, relaxin after a fun run, sought to dream up th ultimate test of athletic ability. Collin felt completing, in succession, Hawaii three most difficult athletic event should do it.

Fifteen people accepted Com mander Collins' challenge in 1978 wit 12 finishing the first Ironman. Fiv years later, almost 600 athletes traine for over a year to compete in the even

Prizes are trophies for top finisher and, for all finishers, a highly sought after "Ironman Finisher" T-shirt.

★ ★ ★ MOVIES ★ ★ ★

Friday, Oct. 1, 6:30 p.m.—SUPERMAN II—Christopher Reeve, Margot Kidder—Adventure/PG

Saturday, Oct. 2, 1 p.m.—PIPPI LONGSTOCKING—Inger Nilsson, Maria Pe son—Adventure/G

Saturday, Oct. 2, 6:30 p.m.—RESURRECTION—Ellen Burstyn, Sam Shephard—Drama/PG

Sunday, Oct. 3, 6:30 p.m.—AGENCY—Robert Mitchum, Lee Majors—Mystery

Monday, Oct. 4, 6:30 p.m.—THE HOWLING—Dee Wallace, Patrick MacNee—Horror/R

Tuesday, Oct. 5, 6:30 p.m.—I OUGHT TO BE IN PICUTRES—Walter Matthau Ann Margaret—Comedy/PG

Wednesday, Oct. 6, 6:30 p.m.—RAW DEAL—Gerard Kennedy, Gus Murcurio—Western/R

Thursday, Oct. 7, 6:30 p.m.—I'M DANCING AS FAST AS I CAN—Jill Clayburg Nicol Williamson—Drama/R

Friday, Oct. 8, 6:30 p.m.—ENDLESS LOVE—Brooke Shields, Martin Hewitt—Drama/R

Saturday, Oct. 9, 1 p.m.—JOURNEY BACK TO OZ—Animation—Children Special—G

Saturday, Oct. 9, 6:30 p.m.—THE AWAKENING—Charlton Heston, Susanna York—Horror/R

Sunday, Oct. 10, 6:30 p.m.—BATTLE HYMM—Rock Hudson, Anna Kashfi—Drama/R

Monday, Oct. 11, 6:30 p.m.—BEYOND THE REEF—Dayton Kane, Mare Jensen—Romantic Adventure/PG

Tuesday, Oct. 12, 6:30 p.m.—VICTOR/VICTORIA—Julie Andrews, Jame Garner—Comedy/R

Wednesday, Oct. 13, 6:30 p.m.—DEADLY HARVEST—Clint Walker, Gar Davies—Drama/R

Thursday, Oct. 14, 6:30 p.m.—THE CHOSEN—Maxmillian Schell, Rod Steiger—Drama/PG

Mark Trail's OUTDOOR TIPS

BOATING SAFETY SERIES

NEVER ALLOW YOUR CRAFT TO DRIFT DOWN ON ROCKY SHORES OR BREAKWATERS... YOU MIGHT NOT BE ABLE TO START UP YOUR MOTOR BEFORE CRASHING ON THE ROCKS



© Field Enterprises Inc 1979

HE OAK LEAF

Naval Regional Medical Center Oakland, California

44, No. 19 Friday, October 15, 1982



SKED ROBBER? MAN FROM S? HALLOWEEN PRANK?—No, Marine Corps Staff Sergeant rt Chapman, an instructor from ne Corps Air Station, El Toro, was one of those conducting an ational readiness training course edical center staff Sept. 27-29. s showing his students how to gas mask. A total of 43 officers 33 enlisted staff members from hospital completed the training.

'The Fleet's in!'

The USS CORAL SEA, "San Francisco's Own," will lead a six-mile long column parade of Navy ships entering the bay from under the Golden Gate Bridge at 11 a.m. this morning to open the second annual Fleet Week celebration.

A 17-gun salute will be fired at noon, followed by a helicopter flyover, as Mayor Dianne Feinstein, Assistant Secretary of the Navy John Herrington, CINCPACFLT Admiral Sylvester L. Foley, Jr., and a host of other dignitaries observe from a reviewing stand on Treasure Island.

In addition to the parade, the Navy's hot air balloon team will transit the bay and the Goodyear blimp will also be in the sky. On the bay, the Navy's Special Boat Unit Eleven will demonstrate skills and capabilities of the river patrol boats.

Thirteen ships will make up the Fleet Week force this year, 11 of them tied up along the Embarcadero and open for visiting daily from 1 to 4 p.m. on Saturday, Sunday and Monday.

Other events are a Fleet Week Ball, a reception for enlisted personnel, softball games, etc.

ristmas Bazaar slated next week

e Naval Regional Medical Center
ers' Auxiliary will hold its annual mas Bazaar and Crafts Show on , Oct. 22, from 10 a.m. to 6 p.m. Officers' Club Ballroom.
s is an opportunity for all personnd their families to do a bit of early mas shopping from products of nembers and professional craftsf the Bay Area.
bazaar is one of the club's t money-making projects of the with proceeds going to many es in the spring.
mbers are encouraged to donate items or sell them on consignment, with 85 percent to the member and 15 percent to the club. Call Gretchen Fawcett, 635-0302, or Jeannie Nelson, 537-4736, for more information on selling or donating items for the show. Baked goods have been the biggest sellers in the past.

A shuttle bus will be provided from the main entrance of the hospital and from the swimming pool lot to the Officers' Club, which will extend its luncheon hours on the day of the Bazaar from 11 a.m. to 2 p.m.

Planning is also underway to open the Day Care Center that day only, and

(Continued to page 8)



NAVY RECORDS—As medical records supervisor, HM3 Billy Jack Tibbett makes sure the handling of Navy medical records is up to par at the Army's Presidio of Monterey Health Clinic. For feature on our Naval Medical Administrative Unit, see Page 6.

Realignment

NMC Southwest Region established in San Diego

The Naval Medical Command (NMC), Southwest Region, was established Oct. 1, with headquarters of the new command at the Naval Hospital in San Diego, where it will oversee the combined operations of the Navy's medical facilities in southern California. These facilities include: the Naval Regional Medical Centers in Camp Pendleton and Long Beach; the Naval Hospital and Naval Medical Clinics at San Diego; and the Naval Regional Medical Clinic at Port Hueneme.

The new command is headed by Rear Admiral E.P. Rucci, MC, USN, who had been in charge of the Naval Regional Medical Center (NRMC) San Diego. He is assisted by a Deputy Commander/Chief of Staff, Assistant Chiefs of Staff for resources, logistics, plans and operations, and other special assistants.

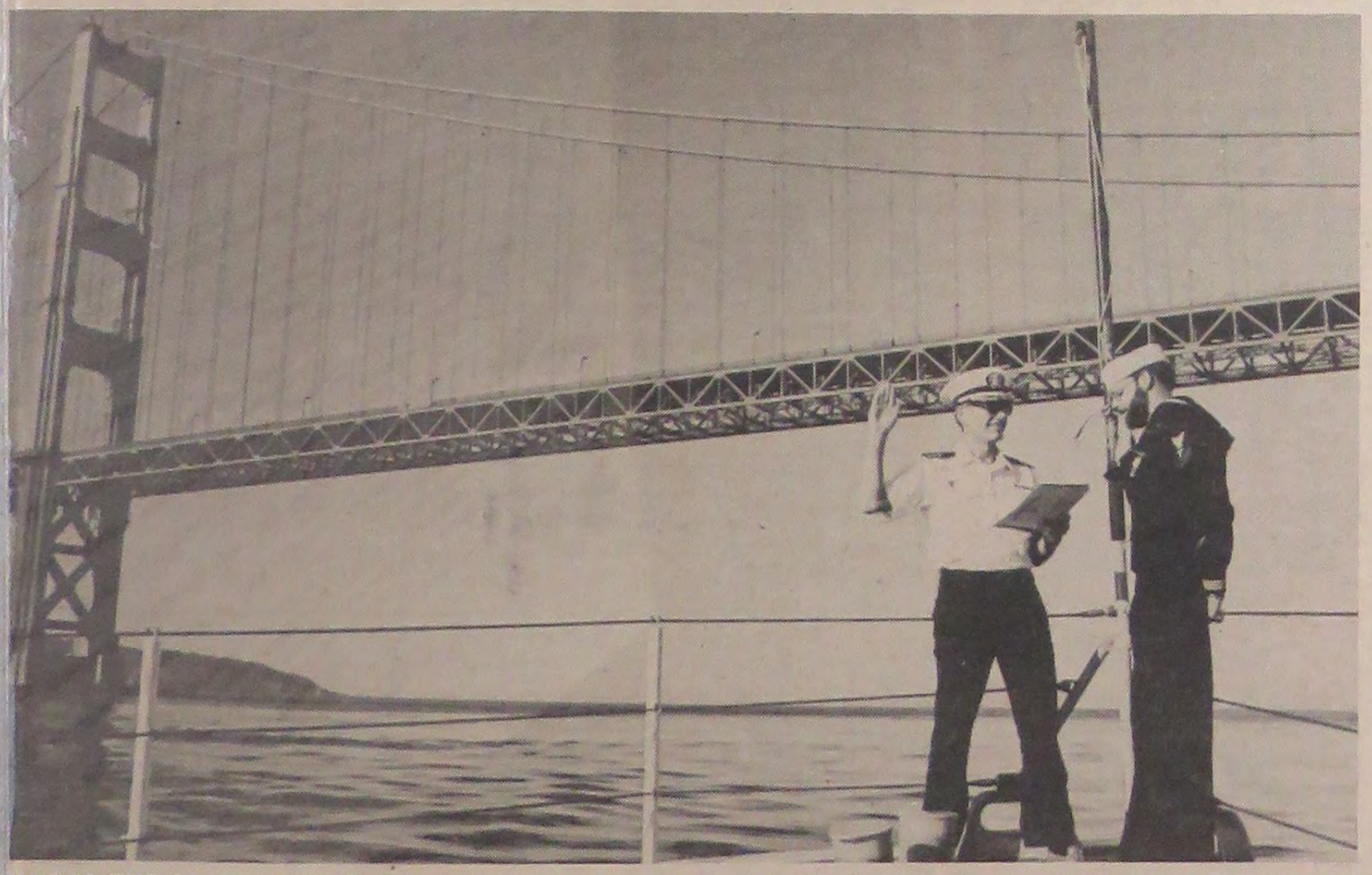
The realignment is part of an ongoing program designed to streamline the span of control and enhance military effectiveness throughout the Navy's regional medical organizations. This restructuring will allow increased attention to the separate but complementary functions of quality patient care and efficient administration.

Before the realignment, a single command—the NRMC San Diego—was responsible for both clinical and administrative operations, not only within the Naval Hospital, San Diego, but also at all outlying clinics in San Diego.

Upon completion of the restructuring, NRMC San Diego will be divided into three organizations: Naval Medical Command, Southwest Region; Naval Hospital, San Diego; and Naval Medical Clinics, San Diego. Management will be structured so that the Naval Medical Command will be the parent organization in the region, responsible for command and control of all regional functions, including resource management, reserve programs, contingency planning, quality assurance oversight, and other activities related to health care management.

The newly titled Naval Hospital, San Diego, is commanded by Captain John E. Carr, MC, USN, who is assisted by an executive officer and directors of the major areas of hospital administration, nursing services, medical services, surgical services, and ancillary services. Because of the realignment of responsibilities, the hospital will be able to focus fully on the provision of quality patient care within the facility itself, leaving regional matters to the NMC, Southwest Region. The Officer in Charge of the third command to result from the realignment, the Naval Medical Clinics, San Diego, had not yet been named at this writing.

The plan is part of an overall realignment of the Navy's Bureau of Medicine and Surgery and is expected to continue throughout 1983. A similar realignment of functions was completed Sept. 1 at the Naval Medical Command, National Capital Region, Bethesda, Md.



UNDER THE GOLDEN GATE—It's a Navy tradition of long standing to take your reenlistment oath in unusual places. HM2 Jesse Laster, Physical Therapist and CPR instructor at Treasure Island's Branch Clinic, selected a spot by the world-famous Golden Gate Bridge for his on Sept. 27. The Coast Guard obliged by carrying him, CDR Dave Vosloh and HM2 Garry Silk, the photographer, on a cutter at the ceremony site. Petty Officer Laster, who has been assigned to the TI clinic for three years, will soon be leaving for the Advanced Hospital Corps School in San Diego.

Navy Energy Week

Oct. 25-31

See Pages 2, 3, 5

Editorial---

THE SECRETARY OF THE NAVY
WASHINGTON, D.C. 20350

ENERGY: KEY TO SEA POWER

The Navy and Marine Corps are at the forefront of our national defense strategy. Maritime deployments to distant points can be achieved quickly and efficiently, a testament to this nation's strength through sea power. However, the mobility of these forces on land and sea is only as long-reaching as are our efforts to insure the adequacy of energy resources.

Energy and fuel logistics have always played decisive roles in the movement of ships, aircraft, and Marines. Efficient energy management efforts afford our growing fleet greater flexibility and readiness, heightening our ability to respond wherever needed. Increases in energy productivity and reductions in energy waste can be accomplished in any phase of naval activity. The knowledge and dedication we employ towards this end will affect our forces for years to come.

To increase our understanding of and dedication to skillful energy management, commands are to prepare themselves for full participation in the Department of the Navy's fifth annual Energy Awareness Week, scheduled for 25-31 October 1982. The theme of this event, *"ENERGY: KEY TO SEA POWER"* illustrates the inseparable relationship between energy and naval strength. We have a duty to pursue more efficient energy use and reduce waste every practical way, daily and throughout the year.

Energy Awareness Week should give all hands a better understanding of the importance of using our energy resources as productively as possible. Energy management has saved the Navy and Marine Corps millions of dollars and slowed the consumption of a finite resource. Your efforts will continue to further this progress so important to our mission.

JOHN LEHMAN
Secretary of the Navy

'Energy: Key to Sea Power

The theme ENERGY: KEY TO SEA POWER, has been selected to kick-off the 1982 Energy Awareness Week program and all other energy conservation promotions from October 1982 through September 1983. The message it carries reminds us that the strength Navy and Marine Corps forces hold are to a great extent measured by the degree of mobility its weapon systems and troops can attain and maintain.

The success of last year's energy awareness theme message, "Energy is Readiness," guided this year's selection. Sea power is unique to the Navy and Marine Corps, whether patrolling the oceans, the air space above the sea, or conducting a beach-head landing. It is sea power that allows America's strength to be known worldwide. Approximately 97 percent of the Navy's surface ships are petroleum dependent, demanding of each of us a precious regard for all fossil fuels.

In a memo to all military de ments, Frank Carlucci, the Deputy retary of Defense, stated that "E one percent of the (DoD) fuel bil save through good management w procure, for example, three A helicopters, two F14s, and two F1 Clearly, the cumulative savings t gained from the combined en management efforts of each comm significantly alter and improve defensive posture. If we cut back our energy use by even a few perc tage points as a result of knowle gained from Energy Awareness W then its observance will be consid a success. The Navy and Marine C is made stronger by observing En Awareness Week and practicing lessons of energy managem **Energy management is a v definite part of the naval missio**

The hazards of Halloween for children—and motorists

While the nation's young folk are off in their own world of fantasy this Halloween, motorists should do their very best driving so that we can keep them in our own world of reality. The National Safety Council, which has been pushing the cause of defensive driving for quite a number of years, is cautioning you to be more on the defensive than ever, come Oct. 31.

The main thing to bear in mind is that the youngsters garbed in outlandish costumes for their trick-or-treat ventures, may be concentrating so much on having fun that they neglect their own safety. Also, many of the young funseekers will be wearing face masks that severely restrict their vision. A number of youngsters will be in cumbersome costumes that prevent them from easily moving about. Virtually all will be hampered by big shopping bags for their trick-or-treat booty.

The National Safety Council offers these safe motoring tips to help make this Halloween even safer for both children and adults:

- Make sure your headlights and windshield area are as clean as possible to insure good visibility that night.
- Obey all traffic signs and regulations, and slow down more than you normally would in residential areas.
- Watch for children darting from behind parked cars.
- Be on the lookout for children in dark clothing walking down the road; on the shoulders, on the median, and everywhere else where you normally would not expect to see them.

What to do if you are the chauffeur and in charge of a carpool group of candy seekers? More important than anything else, your job, is to concentrate on the job of driving and not allow yourself to become distracted by the noisy crowd or kids around you. **(Safety Officer)**



* * *

Correction

In the Oct. 1 issue of *Oak Leaf*, v ran a feature on the Patient Conta Program. In the cutlines under t photos we had Helen T. Cupp erroneously listed as the Psycholo representative and LT Susan Colliga as the Psychiatry representative. should have been the other wa around, with Ms. Cupper representir Psychiatry and LT Colligan, Ps chology.

Apologies to all concerned.

* * *

EEAP—educational good deal

The Enlisted Education Advancement Program, administered by the Chief of Naval Education and Training, provides a program of study leading to an associate degree for highly motivated career Navy enlisted people. Education under this program offers selected personnel the opportunity to improve qualifications in their technical skill and to improve their supervisory and management skills. Although participants pay for all tuition, books and fees required to complete their associate degree, they continue to receive full pay and allowances during their enrollment in school (less proficiency pay).

In 1980, 90 enlisted members were selected to participate in the program, with courses of study ranging from culinary arts to electronics. One hundred Navy people were selected in 1981, 125 in 1982, with 150 scheduled to be selected in 1983.

Eligibility requirements for the 1983 EEAP selection are as follows:

- Have at least four years (or E-5 with minimum of three years), but no more than 14 years of active duty service as of Sept. 1, 1982.
- Be a high school graduate or have passed the General Education Development Test.
- Have a general classification test (Arithmetic Test—GCT/ARI) or Word Knowledge/Arithmetic Reasoning (WK/AR) of at least 110.
- Be recommended by their commanding officer.
- Be eligible for rotation to a normal shore tour with PRD between Sept. 1, 1983 and Aug. 31, 1984, or, if on a normal shore tour, have at least two years remaining on shore duty.
- Have no record of non-judicial punishment, conviction by court-martial or by civil court for other than minor traffic violations during the two years prior to the expected date of enrollment.
- Must agree to re-enlist or extend their enlistment to have six years of active-obligated service remaining from the date they enter school.

Official information for the 1983 EEAP selection process can be found in OPNAV NOTICE 1510, which will be published this month. The notice will contain a sample application letter, address and deadlines for submission of application.

For further information on the Enlisted Education Advancement Program, contact local Navy Campus offices. The point of contact at CNET is Lois Martin, Autovon 922-1758; commercial (904) 452-1758.

If you see a college education as part of your future, EEAP may be the way for you to get it! (NES)



IS COMING!

Robert Crecca M.D.

Nov. 15, 1982

NAVAL REGIONAL MEDICAL CENTER
OAKLAND, CALIFORNIA

RADM R. C. Elliott, MC, USN
Commanding Officer

CAPT H. James T. Sears, MC, USN, Director of Clinical Services

CDR C.R. Loar, MSC, USN
Administrative Services

Editor: Betty Beck

Editorial Clerk: Pat Heaphy

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Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.

How some of our shipmates save energy

"What have you done this year to conserve energy either at work or at home, or both?"



Sally Young, Special Services.

"I'm still conscious of water use from the big drought a few years ago. I never use the dishwasher without it being full, plus I never run the water at an excessive rate. I'm also very aware of the amount of electricity I use. At home I pull the plug on the TV when it is not in use since it is always draining electricity when plugged in. I've installed lower watt light bulbs except in areas where I read. Excess use of electrical equipment has been stopped. This winter I will be buying a more efficient heater instead of using the stove and an ineffective wall heater. A regular occurrence around my house is cleaning the coils on the back of the refrigerator. This increases the efficiency and cuts the amount of electricity used. I've also found that using the top of the stove for cooking is more efficient and energy saving."



Dorothy Laurence, Secretary at ARS.

"Here at work we keep the heat at 65° and during the summer the furnace is turned off. The blinds are opened and closed according to the sun and the newly-done patients' rooms are smaller and less heat is needed to be comfortable in comparison to the old ward styles. At home I do as little cooking as possible. I try to eat more salads and things that take very little cooking."



Ellis Harris, Food Service.

"At home I always fill the washing machines, and at work, I always cut off the machines when not in use."



Jennie Thompson, Civilian Personnel.

"At home I turn the furnace completely off when not in use. In the office we turn off machines that are not being used very often and pull the blinds in the summer to keep the sun out and open the windows for a cross ventilation."



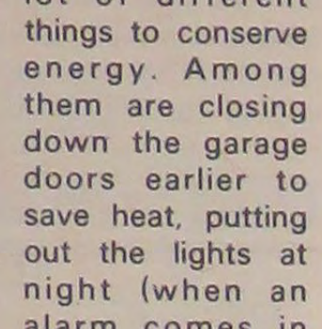
MM1 Odelon Tabayon, Security Department.

"At work we are very conscious of lights that are being used in the office. At home we are using more blankets at night instead of the heating system."



Rene Courts, Fire Captain, Fire Department.

"At work we have been doing a lot of different things to conserve energy. Among them are closing down the garage doors earlier to save heat, putting out the lights at night (when an alarm comes in they go on automatically); replace heating filters on the furnace. Installation of venetian blinds in the office and other rooms to keep the sun out in the summer helps. At home I have installed those new blinds and have not had to use the air conditioners at all; in fact, I've probably saved over $300 this summer!"



Barbara Pavlakus, Alameda Coast Guard Credit Union.

"I know at home we don't use as much light. It is very patriotic and American to conserve energy."



HM3 Nancy Marchiando, Cardiology Clinic.

"We have turned down the heat at night and use less lighting. I always try to be conscious of what energy I use. In fact, at work I walk up and down the stairs. I never use the elevator unless I'm transporting some piece of equipment."



LCDR Paul Garst, Chief Resident, Internal Medicine.

"I think I do less driving than I used to, in fact, I know I do."



Eunice A. Turner, Laundry Seamstress.

"Here at work we cut lights when not needed and turn off machines not in use. In fact, I turn off the hot press and stamping machines that used to be running all the time. I also use this small fan instead of the larger floor model. I called PG&E and had them come to my house to see what I could do to improve the efficiency of power use and they said I've done mostly everything possible. Among these were lined drapes, cold water clothes washing, hand watering the lawn, keeping the shades pulled on hot days, and insulating."



LT David Anderson, Staff Nurse, Operating Room.

"On cool days I put on more clothes instead of turning up the heat. My electric bill at home is only $5, so as you can see I don't over-use energy in my living space. In the operating room we have very few options over the use of electricity."



Maureen Commack, Secretary, Nursing Service.

"I open the windows and allow the winds to blow through; this rids the house of bad gases. I put on roller skates and 'snickers' (sic) and run around the house. This keeps me warm."



CDR Stanley Bagby, Nursing Service.

"At work I'm always turning off lights, even in other people's offices. I'm also active on an energy conservation committee here at the hospital. At home I bought two new fur pussies for around the door so drafts will not come in, turned down the heat, and sleep in a chair with a blanket and two cats—one on each side. My water heater has a new fur coat and I've lined the house, or is that insulated, or whatever you call it."



HM3 David Tenbesel, Emergency Room/Primary Care.

"My car is always kept in good tune and I'm always aware of the lights that are on. I realize that we must be conscious of the energy we use. We must remember all resources are limited. I was raised on a farm in Minnesota and when I moved to the city I really became aware of the amount of wasted electricity. We must always keep in mind the energy we use."



David Velez, Navy Exchange Gas Station.

"I'm not sure—I do not drive as much—in fact, I ride my bicycle more these days. At work we are very aware of the amount of lights we use."

DEPARTMENT OF THE NAVY

ENERGY: KEY TO SEA POWER

Command Line

(This column permits direct access to command executives by either military or civilian staff members of any grade, rate or rank. Questions on matters impacting the medical center operations as a whole, reports of incidents of abuse or fraud, or items of concern to large numbers of the staff are invited. Please also submit recommendations and report positive information of interest to all of us. Submit comments in any legible written form to the Public Affairs Office for routing. You may remain unidentified if you so wish.)

Effects of contracting out

UNIONS

COMMENT: If and when Food Service is contracted out, will the contractor be unionized?

REPLY: The contractor need not be unionized, but must pay a minimum rate determined by the Department of Labor which is based on equivalent rates paid by others, including those unionized, in the area.

RETIREMENT FUNDS

COMMENT: How would contracting out affect the money Civil Service employees have already placed in their Civil Service Retirement Program if they work for the contractor, or are RIF'd and cannot get another (federal) government job?

REPLY: The following information applies whether the employee works for the contractor or for another non-federal employer:

- Employees who are eligible for retirement may not receive a refund of money that they have already placed in the Civil Service Retirement Program. Instead, they are entitled to an annuity upon separation.
- Employees who do not meet the length of service or age requirements for retirement eiligibility may apply for a refund of their contributions to the retirement fund if they wish. It should be noted, however, that if they have completed five years of service under the Civil Service Retirement Program, they will be entitled to an annuity upon reaching age 62, and in general, the amount received through the annuity will exceed the amount of the refund.

TRANSFER POSSIBILITIES

COMMENT: Is there somewhere else in the Bay Area that RIF'd employees can transfer to keep federal status of employment? If so, please explain how this is accomplished.

REPLY: There are many federal agencies in the Bay Area to which RIF'd employees may transfer providing there are vacant positions available for which the employee qualifies. Placement of these employees is accomplished through registration in any of several special programs. The Civilian Personnel Service schedules each employee being RIF'd as a result of contracting out of work, for a counseling session in which placement opportunities, as well as other matters, are explained. Among the special programs for placement, each with its own features, are: The Voluntary Interagency Placement Program (VIPP), coordinated by the Office of Personnel Management (OPM), the DoD Priority Placement Program, and the Displaced Employee Program (DEP), coordinated by OPM. In addition, the Civilian Personnel Service contacts the state employment service for registration of employees for vacancies in non-federal government agencies and the private sector.

HOW TO LOOK FOR FEDERAL JOBS

COMMENT: How can employees, displaced by contracting out, look for and attain federal employment?

REPLY: In addition to registration through special placement programs, employees may contact individual federal employers or may contact the Federal Job Information Center of OPM in San Francisco. An employee will have to submit a Personal Qualifications Statement (SF-171) for each vacancy for which they seek consideration.

RIGHT OF FIRST REFUSAL

COMMENT: How does right of first refusal for jobs with a successful bidder work and what are the effects on future federal employment?

REPLY: A successful bidder is obligated to offer every job involved in accomplishing the new contract to the employees displaced by the contract. The contractor must hire the displaced employees, who are qualified and accept the offers, before employing any others, including the contractor's current or former employees, to accomplish the contract. The contractor does not have to follow any particular reemployment, retention or seniority order in offering these jobs. The effect on future federal employment is the same as any other non-federal employment. It does not count as federal service for any purpose, including retirement.

RIF ACTIONS

COMMENT: How are reduction in force (RIF) actions accomplished?

REPLY: Employees affected by RIF actions are first grouped by length of federal service within categories of veteran preference and career, career-conditional, or temporary status. Their qualifications for other positions are then determined according to the personal information in their official personnel folders. They are then compared with other employees in positions at the same or lower grade who have less federal service and/or are in a lower retention group according to detailed regulations of OPM. When a placement opportunity for a RIF'd employee is identified, the employee is offered that position. If no placement opportunity is identified for the employee, or the employee declines the offer, the employee is separated. Separated employees are entitled to severance pay based on their age and length of service unless they are eligible for retirement, accept other federal employment at equal pay, accept a position with comparable pay with a successor contractor, or decline an offer of a position with equal pay, tenure and seniority.

EARLY RETIREMENT

COMMENT: Who is eligible for early retirement?

REPLY: Employees who are separated by RIF action are eligible for early retirement if they are 50 years of age or older and have at least 20 years of federal service, or they are any age with at least 25 years of federal service. The employee's annuity will be reduced by two percent for each year under age 55.

REGULAR RETIREMENT

COMMENT: Who is eligible for regular retirement?

REPLY: Employees are eligible for regular retirement when they meet the following combinations of age and federal service:

Age 62 with 5 years' service.
Age 60 with 20 years' service.
Age 55 with 30 years' service.

Why no day care center?

COMMENT: Why does this command not have a day care center anymor This has come to my attention as well as to a few expecting parents who are will be in need of a baby sitting, child care facility, who work at this hospital. there some way we can get back the old day care center or since there are a of parents who need employment, can we not organize a baby sitting co-o Not only would this fill the needs of the staff but it also would aid the parer who have appointments at this facility, or are in need of a sanctuary for th children in emergencies or child/spouse abuse cases.

REPLY: The previous day care center, operated by Navy Exchange, was eve tually closed because of financial loss. Appropriated funds cannot be used to su port the child care center; it must be self-supporting. In order to establish reasonal rates, there must be sufficient demand to enable the day care center to be self-su porting. The command will conduct a survey of the staff to determine whet enough interest exists to justify the center's reopening.

Uniform allowances

COMMENT: I am requesting clarification about reimbursement for t recent uniform change which went into effect for personnel in the rates of E and below. The required changes entail a significant expense to all of t involved people, many of whom were not issued jumper-style uniforms in Bo Camp. Isn't this actually a uniform change without due compensation?

REPLY: The Navy started wearing jumper-style uniforms in Boot Camp on 1 M 1980. At that time personnel started to receive a Clothing Maintenance Allowar (CMA) for the upkeep and maintenance of those items. In addition, the CMA t been supplemented approximately $3.28 per month for 36 months for the purcha of the new jumper-style uniforms. This supplemental CMA can be broken down follows:

Uniform Item	Am't rec'd 5/1/80 9/30/80	Am't rec'd 10/1/80 9/30/81	Am't rec'd 10/1/81 9/30/82	Am't rec'd 10/1/82 4/30/83	Total rec'd	Curre Price of Item
Service Dress Blue Jumper	$10.23	$8.03	$10.07	$9.19 =	$37.52	$30.
Service Dress White Jumper	4.50	2.81	3.57	3.99 =	14.87	7.
Trousers, Blue	7.68	7.17	8.50	7.90 =	31.25	25.
Trousers, White	3.25	4.19	4.75	6.00 =	18.19	9.
Neckerchief	.90	2.29	.53	1.85 =	5.57	5.
White Hat	2.32	2.32	3.02	3.05 =	10.71	3.

In essence, personnel have received monetary compensation for the unifo changes. Unfortunately for many, they did not recognize the supplemen CMA, and did not plan ahead.

Paychecks fatter

A four percent across-the-board increase in basic pay, BAQ and BAS has been approved and was effective Oct. 1. The pay increase will be reflected in pay received on today's payday.

New variable housing allowan (VHA) rates were also effective Oct. The new VHA rates will be reflected Nov. 15 paychecks and Leave a Earnings Statements (LES), and will retroactive to Oct. 1.



QA/RM COORDINATOR—LT. Stephen M. Farber, recent assigned to this command, no heads the Quality Assurance/Ri Management Office established or North to coordinate standards f this hospital. Farber holds a bache of arts from Queen's College in N York and a master's in hea administration from Long Isla University. He worked five years administration at New York City Bellevue Hospital and has thr years experience with medic malpractice investigations. He al spent three years with a medi malpractice law firm as a r management consultant. The Me cal Service Corps officer, his wi Vicki and two sons are making th home in quarters on Hamilton Force Base.

nergy monitors aid conservation t 'grass roots' level of hospital

The Department of the Navy's fifth nual Energy Awareness Week will be erved Oct. 25-31 to focus on going local energy management pro- ts, accomplishments and lessons ned. In FY 1981 alone, energy sav- is efforts by naval commands ulted in an estimated cost savings of 00,000,000. As more personnel come aware of conservation thods, the potential for future sav- becomes even greater.

ere at Naval Regional Medical nter, Oakland, our energy needs eed $10,000 per day. What are we ng to conserve, we asked Bruce nes, the center's Energy Conserva- officer and he told us what he eves is the best and fastest way.

'Although many structural and ign projects are being studied, both e and at BuMed, the funding and lementation are usually a long pro- s," he said. "Local energy monitors vever, bring up ideas on how to save rgy at the grass roots level of the nmand," he continued, and if these as are approved by the Command rgy Conservation Group under airmanship of the Director of ministrative Services, the idea can implemeneted immediately."

One of the most novel recent sug- tions is a "Quiet Hour." This energy nservation idea is directed to ents. The proposal would include ning off all non-essential electrical ipment (TVs and radios) during a -hour period in the afternoon.

Other ideas include closing blinds on west side of the hospital during hot mer hours, opening the same dur- the cold winter days to let in the , strict adherence to the 10 p.m. TV t, and of course, turning off lights in ms and offices not in use.

The first of the three primary nitoring groups which have repre- atives on nearly every floor and artment, is headed by HMCS rew Latigue of Patient Affairs. This p includes Floors One through Four uilding 500. Representatives are Janice Reynolds, Patient Affairs; Sandra Brumble, Dermatology; Michael Koch, Orthopedics; HMC spin DeRosas, Radiology; William ttington, Housekeeping; HM1 Rudy mpa, Operating Management; es Cogley, Management Informa- ; LTJG Joel Libby, Nursing inistration; Gloria Lars, Legal e, and John E. Campbell, Johnnie ampbell and Woodrow W. Stuart, om Food Management Service.

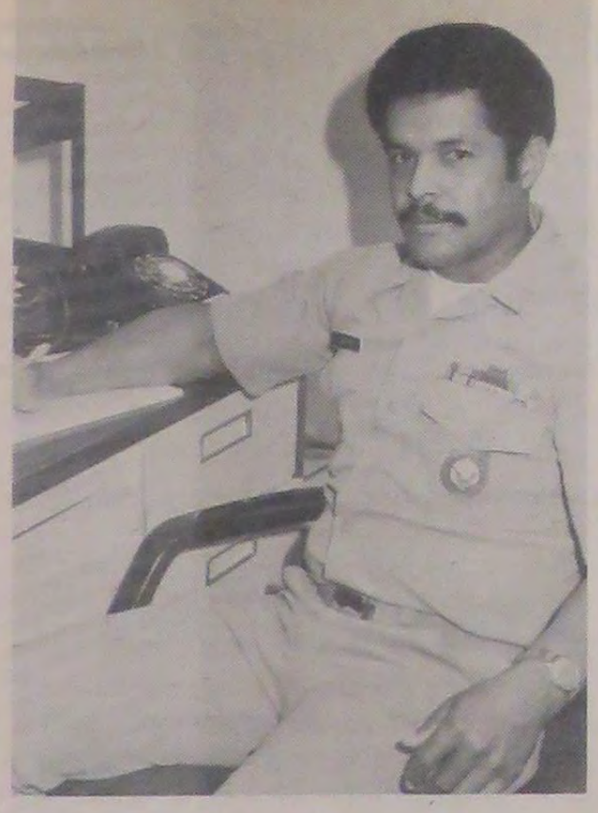
lso, RP3 Davy Carey, Pastorial ; DT3 Betty Williamson, Dental, Shelley Gofstein, Laboratory, George Gavrell, Urology; CDR Earl y, Otolaryngology; CAPT Donald ass, Anesthesiology; HM2 Edward ker, Ophthalmology; LCDR Melvin er, Pharmacy; Ollie Johnson, Inter- Medicine Clinic; Gladys Lowe, OB/ ; Mrs. Lenore Brady, Pediatrics, HM3 Richard Williams, Military power.

roup II, headed by CDR Valaine k, 8th Deck Nurse Corps Area rdinator, will hold its second meet- on Nov. 5. Energy Monitor Group II sists of representatives from Floors thru Nine in Building 500. They HM2 Janet Hall, Neuropsychiatry; David Johnson, Clinical Investiga- Center; LCDR Patricia Mailander, Deck Nurse Corps Area Coordina- CDR Roadhouse, 6th Deck Nurse s Area Coordinator; CDR Bernice nier, 7th Deck Nurse Corps Area rdinator and CDR Shirlee Hicks, 9th k Nurse Corps Area Coordinator.

nergy Monitor Group III, headed by na Paul from Hypertension Clinic, sists of all the medical center's departments outside of Building 500. The next meeting for this group will be Nov. 9 at 1:30 p.m. in the Clinical Assembly. Members are Robert Ostrand, EM/CPO Club; Cathy Curtis, Supply; Janet Wilson, American Red Cross; Kathy Bradford, Special Services; HMC Steven Putter, Preventive Medicine; Isaac Starke, Alcohol Rehabilitation, Linda Ostrand, Consolidated Package Store; Maurine Tinsley, Civilian Personnel; Cindy Brown, Commissioned Officers Mess; HM1 John Colony, Operating Management and PNC Jaime Hernandez, Personnel Support Activity Detachment.



CDR Valaine Pack



HMCS Andrew Latigue



Bertha Paul



BEST DICTATOR—CDR R.P. Umfrid, III, Head of Cardiology, receives the first Dictator of the Month Award from Betty Raab, head of the Word Processing Branch. He was cited by the branch for his excellent dictation, "particularly noteworthy for preparation, enunciation and adherence to dictating formats." In addition to the gift of a framed certificate, Dr. Umfrid was the guest of honor at a coffee and cake ceremony hosted by branch employees.

New language evolving

'Incentivized conversion' could fatten your wallet

If you're beginning to get comfortable with liters at the gas pump and have even dabbled a bit in centimeters and kilograms, you've still got a long way to go—metrically speaking.

While Americans are gearing up to learn metric terms and measurements, the metric conversion process itself has given birth to a whole vocabulary of special terms. Here are a few:

Metrication—The process of converting from inch-pound to metric.

Metricizing—Same as metrication but not preferred by conversion administrators.

Soft conversion—Conversion to metrics without changing the shape or size of a piece of equipment. This is done simply by rewriting its measurements in metric equivalents.

Hard conversion—Building or rebuilding a piece of equipment in metrics from scratch. This usually results in a change in the shape or size of the equipment.

Interoperability—The ability to exchange services and equipment between armed forces of different countries while maintaining effective operation of equipment or systems involved in the exchange. This entails compatibility of measurement systems and other considerations as well, such as the location of controls on a piece of equipment.

Hybrid system—Part metric and part inch-pound, but it works.

Acquisition barrier—This is a situation where you have trouble acquiring a metric item because a law or regulation specifies that some or all of the paperwork related to the acquisition be written in inch-pounds. For example, a truck driver or dispatcher may leave a crate marked in centimeters and kilograms on the loading dock because a regulation requires the shipping order to be written in inch-pounds. (Action is underway to get such laws and regulations rewritten, according to DoD officials.)

Incentivized conversion—A program that encourages people (manufacturers, consumers) to switch to metrics by providing tax advantages, price breaks, etc. **(AFPS)**

New Mideast medal OK'd

United States military and Department of Defense civilians are authorized to accept and wear the Multinational Force and Observers Medal, according to a memorandum recently signed by Frank Carlucci, Deputy Secretary of Defense.

Military personnel and certain selected civilians are eligible for the medal which was designed to recognize people who participated in the Mideast peace-keeping force.

The medal depicts a dove clutching an olive branch and the words "Multinational Force and Observers" on the front. "United in Service for Peace" is on the back. The ribbon is orange, white and green. **(AFPS)**

Job openings

Therapeutic Radiologic Technologist, GS-7, Radiology Service. Closing date: Oct. 25. Contact Maurine Tinsley, Ext. 2116.

Supervisory Management Analyst, GS-12, Management Information Service, Management Analysis Branch. Closing date: Oct. 18. Contact Christine Lessler, Ext. 2116.

Medical Record Technician, GS-4, Patient Affairs Service, Medical Records and Data Branch. Closing date: Oct. 18. Contact Maurine Tinsley, Ext. 2116.

Interested applicants for any of the above positions should submit a complete and current SF-171 to Civilian Personnel Service.

Our branch activities

Unit looks after Navy's interest thru coordination with Army medics



SMALL BUT EFFECTIVE—Personnel of the Monterey, Calif., Naval Medical Administrative Unit, a subordinate command of NRMC Oakland, serve Navy people's medical needs in the area. Pictured (left to right) are HM3 Billy Jack Tibbett; Lt. Ray Moran, Officer in Charge; HM2 William Charron; HMC David Hearndon; HN Jennifer Hamilton, and HM2 Joe Rangel.

By J03 Walt Fitzmaurice

The Monterey Peninsula brings to vision a picture of sea and sand, fishing boats and frolicking sea lions, but the picture would not be complete without an image of the Navy on the Peninsula. In addition to the Naval Post Graduate School, other Navy commands dot the area.

To ensure that the area's Navy and Marine Corps personnel and dependents are provided optimal medical care, the Naval Medical Administrative (NAVMEDADMINUNIT) works in conjunction with the U. S. Army to coordinate medical care of Navy and Marine Corps people, maintain health records, and perform physical examinations.

The NAVMEDADMINUNIT is under the support and command of Naval Regional Medical Center, Oakland, Calif., and is located at the Army's Presidio health clinic in Monterey.

One of 14 such subordinate commands of Oak Knoll, the Monterey-based unit functions under the direction of its Oakland superior as a liaison for the local Navy commands with Army medical authorities.

In overseeing the health care that Navy and Marine Corps personnel receive from the Army's local outpatient services, and in operating as a local representative of Naval health care, the NAVMEDADMINUNIT is an extended arm of NRMC Oakland.

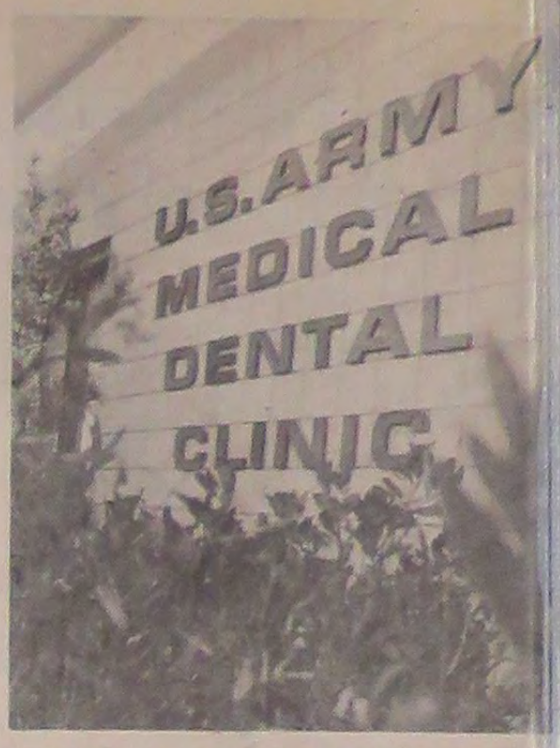
Under the Officer in Charge, Lt. Ray Moran, the seven enlisted persons assigned to the unit see to the administrative functions of the unit itself and are responsible for the upkeep of health records for Navy people in the area.

The scheduling, preparing, and review of all military physical examinations is handled by the unit's physical examinations branch. Working with the Fort Ord Silas B. Hayes medical activity the unit insures that Navy guidelines concerning exams are carried out to Navy specifications.

In addition, the unit serves as the contact point for Navy and Marine Corps referrals to NRMC Oakland. Due to the close proximity to the Point Sur Calif. Naval Facility, the Monterey medical unit offers direction and support to that facility's branch clinic.

The Monterey unit also acts as a local center for questions and complaints about Navy medical concerns.

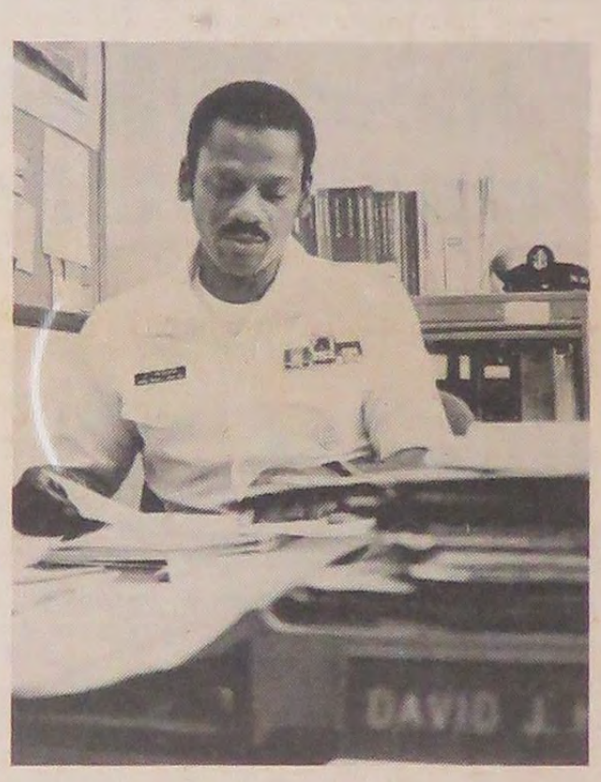
In all, the unit's personnel work closely with the Army and other service medical staff toward a common responsibility of providing the best health care for all servicemen and their dependents on the peninsula.



ARMY-NAVY COOPERATION—Located on the Presidio of Monterey, the U. S. Army Medical and Dental Clinic houses the Navy's Medical Administrative Unit.



FULFILLING NAVY MEDICAL NEEDS—HM2 William Charron is leading petty officer of the small unit with a big task.



SEEING TO MISSION—HMC David Hearndon, the unit's administrative assistant, pours over messages on admitted patients.

Drug urinalysis program 'beefed'

The Navy has announced a number of steps to further strengthen its drug urinalysis program. The steps include: purchasing additional urinalysis equipment, ordering detachments to temporary duty in areas which are experiencing the greatest requirement for analysis, and increasing the number of lab technicians assigned to certain centers, including Naval Regional Medical Center, Oakland.

The improvements will increase efficiency of the system and reduce "turnaround times" of samples sent from local commands at Navy Regional Medical Centers for analysis. This will facilitiate judicial or administrative actions involving abusers.

The Navy's "get tough" posture toward drug abuse has been credited for the drop in drug usage in the service. Preliminary results of an independent survey, published last week, have indicated a drop of about 50 percent in the level of marijuana use in major fleet centers.

Gapuz X-Ray grad

HM3 Daniel M. Gapuz graduated from Basic X-Ray School on Oct. 8 after maintaining a 97.5 average overall in the school.

The petty officer performed a practical phase of training in the Radiology Service and was sent on temporary duty to the USS HECTOR (AR-7) for a week to enhance his professional performance due to impending shipboard duty.

Gapuz received orders to the USS DURHAM (LKA-114), homeported in San Diego.

Emory King dies suddenly

Emory King, former Laundry Service employee here who retired several years ago with more than 30 years' service, died suddenly on Oct. 2.

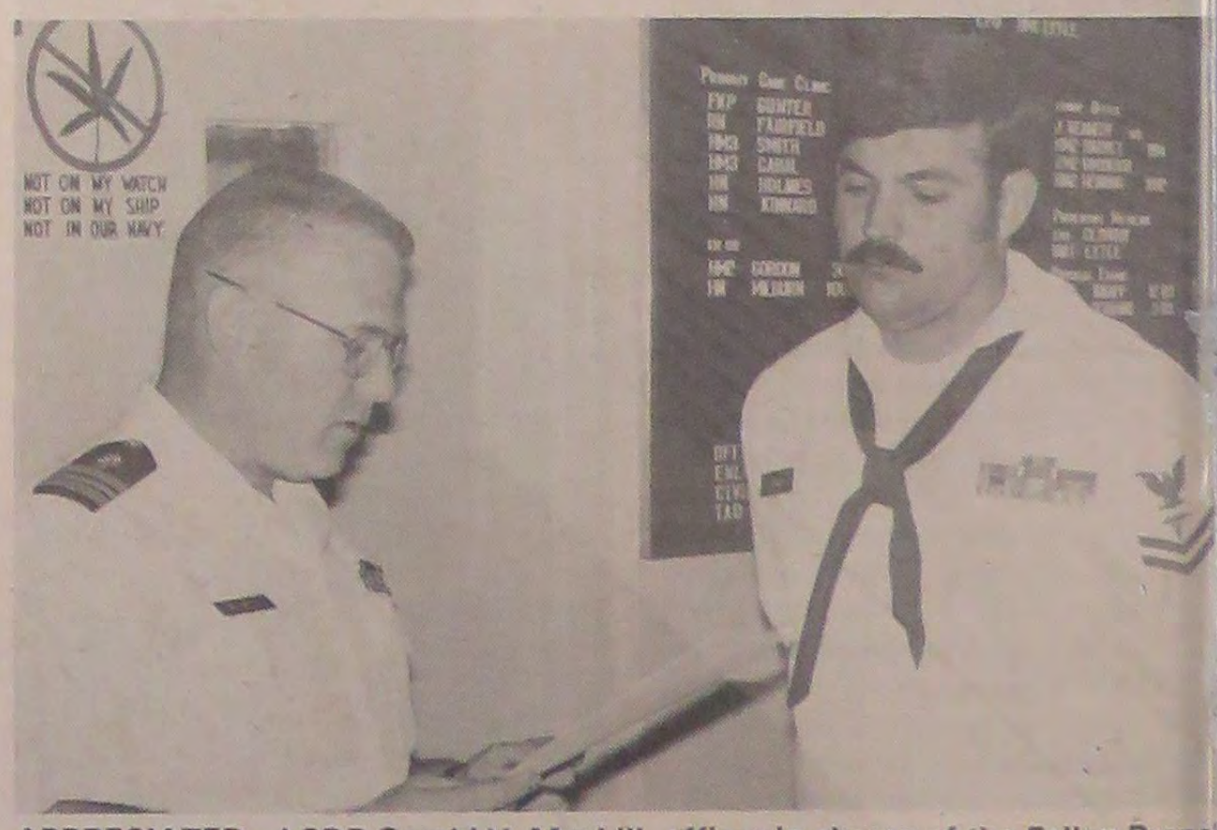
Mr. King had visited his old friends here the day before and told them of his well-being and happiness in retirement.

Fallon corpsman cited by Sheriff

This summer, a rock climber in the back country of Calaveras County broke his leg while rock climbing in the area of Salt Springs Reservoir. The County Sheriff's office called on the Search and Rescue unit at NAS Fallon, Nev., which rapidly responded with a helicopter at the scene within an hour and 15 minutes after the call. The highly-trained Navy team, which included HM2 Ralph D. Gordon of the NRMC Oakland's Branch Clinic at Fallon as the inflight medical specialist, was able to lift the victim from the rock cliff and transport him to a hospital in South Lake Tahoe.

For his role in the mission, Petty Officer Gordon recently received a letter of appreciation from Sheriff Claud C. Ballard, who said, "(my Search and Rescue Coordinator, Sergeant James Marz) advises me after surveying the situation that it would have taken at least 20 ground personnel approximately eight to 10 hours to rescue the victim from the area he was located in. The terrain was extremely rugged and dangerous and by the use of your helicopter, it not only expedited the victim to the hospital but saved putting other persons in jeopardy in the rugged county."

Gordon, an operating room technician at the Branch Clinic since March, was part of a SAR crew which included LCDR Richard McCann, pilot, LT J.G. Earl Gay, co-pilot, Chief Petty Officer Gene Ponce, crew chief, and Steve Hay, a second class crew member. All were cited by the Sheriff for "their expertise, dedication and willingness to place their lives in jeopardy to save another."



APPRECIATED—LCDR Gerald V. Meskill, officer in charge of the Fallon Branch Clinic, reads a letter of appreciation from the Calaveras County Sheriff to HM2 Ralph D. Gordon, for the latter's help in a search and rescue mission.

Sanders new MCPO of Navy

Master Chief Petty Officer of the vy Thomas S. Crow was relieved t. 1 by Master Chief Avionics Tech- cian Billy C. Sanders, at ceremonies in ashington, D.C.

"It's been very rewarding to be in e Navy and see a positive momentum gin again," said Master Chief Crow his tour, "We've rounded the corner, d we're in the best shape we've been ears."

"We have a better quality of sailor day than we have ever had before. e've cleaned house with project ograde' and raised our recruiting andards. Today's Navy is intent on aling with quality people."

As Master Chief Petty Officer of the vy, Crow played a major part in organizing the Command Master ief Program. He also was a key viser in the formation of the Navy nior Enlisted Academy, the Third ass Petty Officer Indoctrination urse and the Chief Petty Officer loctrination Course.

Former Chief of Naval Operations, M Thomas B. Hayward, awarded aster Chief Crow the distinguished rvice medal for "aggressive leader- ip, sound judgment, and persuasive ic in articulating the interests and wpoints of Navy enlisted policies." e medal is the military's highest acetime award.

Master Chief Crow, a veteran of 30 ars service to the Navy, will retire v. 1.



NEW PUBLIC WORKS CHIEF—LCDR Rodger W. Darr is the new Chief of Public Works Service at NRMC Oakland. A Navy Civil Engineering Officer for 10 years, he holds both a bachelor of science in mechanical engineering and a master's in nuclear engineering from Purdue, and a master's in systems management from the University of Southern California. Prior billets have been in Diego Garcia; Washington, D.C.; Lakehurst, N.J.; Yokosuka, Japan, and Ft. Belvoir, Va. He holds the Navy Achievement Medal, Navy Unit Commendation, two Meritorious Unit Commendations, the Navy Expeditionary and National Defense, and is a registered professional engineer in Pennsylvania.

Navy plans to expand Key West

The Secretary of the Navy has announced his intention to expand the naval station at Key West to be used as a forward operating base in support of naval operation and exercises in the Straits of Florida. As previously planned, Key West will be the home port of a squadron of the Navy's PHM class (hydrofoil) missile patrol boats, and the Truman Annex harbor will be restored to facilitate frequent and regular visits by destroyers and other units of the Atlantic Fleet.

The increased Navy presence in Key West will include permanently stationed Navy members and their families as well as crews of visiting ships and aircraft squadrons operating in the Key West area. The expanded facilities will also improve the Navy's response time to possible contingencies in the Caribbean and provide a potential homeport site as the Navy expands to 600 ships.

Secretary Lehman determined that this action can be taken without using all the land previously declared excess. The land and waterfront area, which the Navy will retain and renovate, comprises approximately 47 of all 133 acres the Navy declared excess in the early '70s. The Navy will make available for sale two deep-water piers known as the Bravo Piers, the waterfront land immediately adjacent thereto, and much of the historical district of the former naval station. This land and deep-water access will be available for private or municipal development in accordance with applicable laws and regulations. The preliminary decision to reopen a portion of the base is subject to compliance with the National Environmental Policy Act.



NEW SERVICE HEAD—Captain L. Wayne Rushing returned to NRMC Oakland earlier this month to become Chief, Pastoral Care Service. He was last assigned here from January 1973 to June 1977. In the intervening years, he served aboard the USS CORAL SEA (CV-43) and more recently, as the Senior Chaplain at NAS Alameda. The Kokomo, Miss. native earned a bachelor of arts at Delta State College and a bachelor's and master's divinity degree from Emory University in Georgia. Before entering the Navy, he served as pastor at three Methodist churches in the south. His Navy career began in 1961 and he has spent 10 years at sea, mostly on destroyers and carriers. The chaplain and his wife Eunice have a son, David, 23, and a daughter Karen, 18. The family home is in Livermore.

EW JERSEY in first sea trials

The battleship NEW JERSEY (BB) left Pier 1 at the Naval Shipyard ng Beach, Calif, Sept. 25, for her t sea trials since beginning reactiva- n one year ago.

This marks the first time that the p has been underway under her own ver in 13 years. The last time NEW RSEY was at sea was in 1969, when battleship sailed to Bremerton, sh., for her third decommissioning. heduled sea trials will test different ets of the reactivation. The first trial examining hull, mechanical and ctrical systems; the second will test nbat systems; and the third will lude inspection by the Board of pection and Survey to certify the terial condition of the ship for participation in refresher training and future fleet operations.

The battleship has been undergoing a period of reactivation and modernization at the Naval Shipyard for the past year. While much of the original equipment in NEW JERSEY will remain, the electronic, combat systems, interior communications and damage control systems have been upgraded. The crew's berthing and messing facilities have been modernized and the battleship has been air-conditioned. Tomahawk and Harpoon missile systems have been added to increase long range offensive power, while the Vulcan-Phalanx close-in weapon system was installed to substantially improve defensive protection.

Command changes today at FHSO

Commander Larry F. Stangl relieves Captain Everett L. Jones today of command of the Fleet Hospital Support Office in Alameda.

Commander Stangl is the former Executive Officer of the support office. Captain Jones has been transferred to another assignment. Both are Supply Corps officers.

The activity under the Naval Supply Systems Command provides health care to Navy and Fleet Marine Forces through acquisition and reposition of 200, 500 and 1,000 bed self-contained, air-transportable, relocatable, quickly erected modular hospital units.

Rear Admiral Almon C. Wilson, Medical Corps, U. S. Navy, Program Manager of the Fleet Hospital Project, is guest speaker at today's change of command ceremony.

Honda/Subaru owners warned about leaded fuel

Service members stationed in overseas areas are experiencing major engine problems when running Honda/Subaru vehicles on leaded fuel.

Both American Honda and Subaru of America do not recommend converting any of their vehicles to use leaded fuel when the vehicles are made exclusively to run on unleaded fuel.

Honda has indicated that leaded gasoline will cause excessive damage to the valve and valve seats and piston and piston rings. Subaru indicates leaded fuel will damage the engine and the emission control components.

Heating system check-up time

Oak Knoll Fire Chief Bob Bobbitt says we shouldn't wait until the first cold snap of the season to think about getting our home heating systems ready for winter.

This is an ideal time, he says, to have furnaces and chimneys professionally serviced and, if necessary, repaired.

Also, fire officials caution, we should be sure that we are thoroughly familiar with instructions for fueling and operating any portable heaters, wood or coal-burning stoves, or other heating devices we plan to use.

Overseas mail may be inspected

The Department of Defense and the U. S. Postal Service have reached an agreement which will allow military authorities to inspect and open overseas mail to prevent traffickers in drugs or other contraband from using the military mail system.

The new regulations will allow commands to screen mail using dogs, metal detectors and other similar security devices. Search authorizations may be issued to open mail when "probable cause" exists that an item of mail contains drugs or other contraband.

Personnel who are implicated as suspects in military justice investigations may, in limited circumstances, have "mail covers" placed on their mail. This directs postal clerks to gather information from the outside cover of mail sent to the suspect, including addresses and package size. The information is then passed to law enforcement authorities.

The rules also will allow postal clerks to submit mail for inspection to host county governments in compliance with local Status of Forces Agreements, or give military customs officials permission to inspect mail for the host country.

ANOTHER LITTLE MIRACLE



If you've ever loved someone who's fighting a deadly disease, you know what fear is. You know what hope is too. And you pray for a miracle—because they do happen. We make them happen with your CFC gifts. Medical research to find the cures, a helping hand to those afflicted now, the latest information on diagnosis and treatment for your doctor. Please remember us this fall.

NATIONAL HEALTH AGENCIES
for the Combined Federal Campaign



INTO HISTORY—The familiar nursing cap, worn for many years by both military and civilian "angels of mercy" is no longer authorized for Navy Nurse Corps officers. The regulation became effective Oct. 1, so on the day before, Captain Jan Emal, Director of Nursing Service, and several of her staff wore the caps for the last time before they packed them away with their memoirs. Also now history are the indoor duty white and pantsuits formerly worn by the Navy nurses.

Kudos....

NAVY COMMENDATION MEDAL

HMC Agustinito F. Cruz from U. S. Seventh Fleet for meritorious service as Preventive Medicine Technician in USS CORAL SEA (CV-43).

NAVY ACHIEVEMENT AWARDS

LT Peter Wolff, MC, from Commanding General, Third Marine Division.

LTJG Robert Owen, MSC, for service to NRMC Oakland.

LETTERS OF COMMENDATION

HM3 Chuck Staats, Alcohol Rehabilitation Service.

HM2 Linda McClary, Pharmacy Service.

LT Larry Kilgore, formerly of Patient Affairs.

SUPERIOR ACHIEVEMENT AWARD

Jeanette Morgan, Medical Service.

CIVILIAN LENGTH OF SERVICE AWARDS

30 Years

Nathaniel Brown, Laundry Service.
Jane J. Tipton, Patient Affairs.

25 Years

Rodman W. Barker, Mare Island Branch Clinic.

15 Years

Alma L. Davis, Laundry Service.

10 Years

Lee S. Morings, Outpatient Service.
Deloris Robinson, Appointment Desk.

5 Years

Mary A. Heimer, Nursing Service.

LETTERS OF APPRECIATION

LT Randeen Beck, Nurse Corps.

LT William White, Medical Service Corps.

HM2 Thomas Sharp,Operating Room.

RESIDENCY CERTIFICATE

LCDR William Flittie, MC, in Ophthalmology.



SPECIAL OCCASION—James Eiland's wife and daughter were present when h received a 40-year length of service award from Rear Admiral Robert C. Ellio during a recent Admiral's Call with Food Service workers in the Clinical Asser bly. Mr. Eiland came to work at Oak Knoll during the World War II years.

Twenty-six advanced

Twenty-six members of the NRMC Oakland staff have been authorized advancements.

They include: HA James Perrone, Drug Screening; HA Dennis Blankenship, BEQ; HA Robin Freeman, Mail Room; HA Joseph Zayas, Neurology; HM3 Jerry Brown, Surgery; HN Michael Cross, Special Services; HN Paul Muzurek, Pharmacy; QM3 David Baldwin, Special Services; HM3 Linda Cates, Education and Training; HM3 David DeMello, Operating Room; HM3 Kathleen Grimm, LAB.

Also, HM3 Michael Koch, Ortho; HM3 David Meshan, X-ray; HM3 Manuel Naguit, Nursing Service; HM3 Matthew Oswald, Nursing Service; HM3 Linda Pinkus, Nursing Service; HM3 Christopher Rogers, Pediatric Clinic, HM3 Junior Shepard, Pharmacy.

Also, HM3 John Weaver, ARS; HM2 Robert Meyer, Nursing Service; HM2 Renato Ramirez, Pharmacy; HMC Joseph Adams, CP; HMCS Malcolm McGregor, PMT School; DK3 Myrana Colon, PSD; HM2 Mitchell McNair, PMT School, and HM2 Marcus Rodin, PMT School.

Chaplain's Corner

Discouraged?

By Chaplain Jay L.Hoppus
LT, CHC, USN

Discouraged in the work of life,
Disheartened by its load,
Shamed by its failures or its fears,
I sink beside the road;
But let me only think of Thee,
And then new heart springs up in me.
--S. Longfellow

Never let us be discouraged with ourselves. It is not when we are conscious of our faults and sins that we are the most wicked. On the contrary, we are less so. We can see by a brighter light.

For our consolation, let us remember that we never really perceive our sins until we recognize them, confess them and begin to cure them with the help of God.

Wolkensdorfer for MacKay

Commodore Daniel J. Wolkensdorfer has relieved Rear Admiral Gerald W. MacKay as Commander, Patrol Wings, U. S. Pacific Fleet, headquartered at Naval Air Station Moffett Field.

RADM MacKay reports for new duty as Commander, U. S. Naval Forces Japan, in Yokosuka. Commodore Wolkensdorfer,the first "one-star" flag officer to hold the Commander, Patrol Wings Pacific Fleet command, served in his last assignment as a fellow with the Strategic Studies Group at the U. S. Naval War College, Newport, R.I.

Change of command ceremonies were held at Moffett on Sept. 30.

Holiday mail wanted

Last year, the Christmas Mail Call, sponsored by Armed Forces Mail Call of Hollywood, was reportedly the most successful ever.

Mail, whether individual pieces or by the box-full, is welcomed from everyone, and is in turn sent to more than 100 locations across the nation and around the world, where it is made available to young volunteers serving in our Armed Forces.

The 1982 Christmas Mail Call is now underway. This is an ideal project for dependents and civilian employees (and their families), as well as active duty and reserve members.

For information on how you or your group may have a part in this program, send a self-addressed, stamped envelope to: Armed Forces Mail Call, 6520 Selma Ave. No. 315, Hollywood, Calif. 90028.

Comings and Goings------

"Fair winds and following seas" to the following personnel who have recently departed this command:

LT Randeen Beck, NC, to Bremerton.

LT William White, MSC, to Portsmouth.

LTJG Robert Owen, MSC, released from active duty.

LT Larry Kilgore, MSC, to Branch Clinic, Treasure Island.

LCDR William Flittie, MC, to Camp Pendleton.

OS1 Randy Franks to USS ENTERPRISE (CVN 65).

HM2 Glen Christensen, released from active duty.

LT John Oldershaw to Pensacola, Fla.

HM2 Marilyn Williams, released from active duty.

CAPT Richard Pratt, released from active duty.

LT Steven Myrick to Pensacola, Fla.

LT Michael Ambrose to Pensacola Fla.

LT Maureen Cleary, released from active duty.

LCDR William Bergman, released from active duty.

HM3 Charles W. Warren, released from active duty.

HN Michael Morgan to Roosevelt Roads, P.R.

HN Carlos Urbach to Jacksonville, Fla.

HN Pamela Johnson to Bethesda, Md.

HM3 Jackson Brown to Bethesda, Md.

HM2 Michael Allanson to Charleston, S.C.

HM3 Thomas Taconet to Charleston, S.C.

HA Jennifer Tate to Keflavek, Iceland.

HN Cynthia Duhe' to Pensacola, Fla.

ENS Kenneth Leonard, released from active duty.

HM2 Theodore Mitchell, released from active duty.

HM2 Linda McClary to Atsugi, Japan.

• • •

"Welcome Aboard" to newly arrived:

ENS Elenamaria Steinhauser, MSC, currently in Comptroller's Office.

LCDR Joseph Klos, MC, Pathology.

LCDR James Wilson, MC, Pediatrics.

LCDR Aaron McClerklin, MSC, OIC Branch Clinic, NAS Alameda.

LCDR Jesse Hernandez, NC, Anesthetist.

LCDR Duret Smith, MC, ACDUTRA.

ENS David Dusenbery, Clinical Clerk.

SR Michael Furlong, Drug Screening Lab.

HN Holly Smith, Nursing Service.

LT Mary Maher, Nursing Service.

HM3 Patricia Glenn, OR School.

HM3 Kelton Virden, OR School.

HM3 Ernest Bester, Medical Repair

HR Gary Cain, Special Services.

HN Vincent Ribbon, Special Services.

SR Patricia Crane, Drug Screening.

SR Peggy Decker, Drug Screening.

SA Sonya Esters, Drug Screening.

SA Karen Bosh, Drug Screening.

SA Scott Nielson, Drug Screening.

SA Timothy Evans, Drug Screening.

SR Keanon Rochester, Drug Screening.

HR Raymond Janeway, OR School

Applications due for fellows program

Applications for the 1983 White House Fellows Program, which offers career-motivated military personnel an opportunity to work and study in the executive branch of the U. S. Government, are due no later than Dec. 1, 1982.

The program was established in 1964 to provide a highly select group of gifted, motivated young Americans with the experience of direct and personal involvement in the governmental process. Fellows are assigned to the White House staff, the Vice President, to members of the Cabinet and to other top level assignments in the Executive Branch.

Interested personnel must submit a written application to the President's Commission on White House Fellowships to be considered for the program. Application forms may be requested by writing to: The President's Commission on White House Fellowships, 712 Jackson Place, Washington, DC 20503. Additional information is available from the Navy Military Personnel Command White House Fellowship Program manager at Autovon 224-3321 or Commercial (202) 694-3321.

Bazaar--

(Continued from page 1)

babysitters are urgently needed. If interested, contact Leslie Kopp, 562-4847, or Nancy Hannig, 632-3703. Babysitting privileges will be extended only to those working or shopping at the Bazaar. Reservation for your child must be made by Monday, Oct. 18, by calling either Leslie or Nancy at the above numbers. Parents must provide lunches, diapers, etc. for their own children and there will be a charge of $1 per child per hour.

ith videotapes

AWRT chapter helps spirits soar in Peds

The young patients on the Pediatrics rd now have a whole new world of ected entertainment available to p them pass the hours as they uperate, thanks to the "Soaring irits" program of the American omen in Radio and Television WRT).

On Oct. 1, Marlene Holderbaum, sident of the Golden Gate Chapter, oline Klas, "Soaring Spirits" chair- and Ruby Peterson, otherwise own as "Miss Nancy" of Romper om fame, came to the hospital to sent 20 hours of videotaped dren's program. The AWRT gift s received by Captain H. James T. rs, Director of Clinical Services, and otain Harold Koenig, Chief of diatrics, while Lieutenants Marci swell and Adrianne Ayers, Mrs. ginia Willis (R.N.), HM3 Douglas nteith, and other staff members ked on.

"Miss Nancy" also visited with the ng patients, passing out gifts and ographing souvenir photos for the dies.

AWRT began the "Soaring Spirits" gram in 1973 to:

- Bring quality radio and TV gramming to hospitalized children ng their recuperative period, a time en stimulation and diversion can be highly beneficial to recovery; and,
- Redirect the attention of young patients away from the possible traumas of hospital environment and toward meaningful time consumers of therapeutic diversion and entertainment, without the need to implement manipulative skills and/or body mobility.

Since receiving endorsement, the project has mushroomed with nearly 85 hospitals in the United States and Canada participating.



MISS JULIE, MISS NANCY—"Miss Nancy" of Romper Room holds patient Julie Hannum, 2, daughter of Mr. and Mrs. John Hannum of Richmond.



JUST ONE OF TWENTY—Caroline Klas, AWRT "Soaring Spirits" chairman and staffer of KTVU, Channel 2, presents one of 20 videotapes to Captain H. James T. Sears while Captain Harold Koenig and registered nurse Virginia Willis look on.



GOODIES FOR GOOD PATIENTS—Four-year-olds Patrick Wright (background) and Nathan Whitehead show interest in gifts from "Miss Nancy."

ew publications for Navy families

he Navy Family Support Program made available to commanding cers and Navy people two new pubions.

he *Navy Family Ombudsman ual* was written to help commandofficers in establishing an ombudsprogram. Since 1970, family budsmen have consistently onstrated that the concerns of ery members and their families are ortant and warrant command tion. When they need it, families v they have an "open door" to the through the CO-appointed family udsman.

he ombudsman program is ergoing a transition to more ralized program administration, the new manual provides impor- information about this change.

e manual provides valuable ideas, oles and approaches which have used effectively by those who served as command ombudsmen. o discusses how to implement an udsman program, its functions, g, development of councils and elationship with commanding/ utive officers and command er chiefs.

Exceptional Children—A Navy Parent's Handbook is designed for Navy parents with handicapped children. It seeks to provide valuable information and suggestions which will serve as an important tool in providing optimal care and education for exceptional children.

Additionally, it points out the important role Family Service Centers play in aiding "special needs" families. The handbook also contains resource information such as key legal provisions of handicapped legislation, a list of state directors of special education and suggestions for parents seeking diagnostic services.

Requests for copies of the *Navy Family Ombudsman Manual* (S/N 0420-LP-400-4000) and *Exceptional Children—A Navy Parent's Handbook* (S/N 0420-LP-400-0500) should be addressed to: Commanding Officer, Naval Publications and Forms Center, 5801 Tabor Ave., Philadelphia, Pa. 19120. **(NES)**

HELPLINE opens

mily Service Center, Naval Air on Alameda, announced the openof the HELPLINE (522-HELP) on 11.

he HELPLINE will be operational 6 p.m.-10 p.m. Monday through y. It is designed to provide crisis vention, support, information and al to military personnel and their es. Under the sponsorship of the y Service Center, the HELPLINE e staffed by volunteers who have gone an intensive 30 hour trainrogram.

you have a problem and need one to listen, please call (522-7).



The following additions to the medical "family" have arrived at Oak Knoll:

A baby boy to Hospital Corpsman Third Class Mark P. Lewis, Coast Guard Training Center Alameda, and his wife Dorene, Sept. 22.

A baby girl to Commander Blaine Hibbard, Pediatrics Clinic, and his wife Alison, Sept. 27.

A baby girl to Lieutenant Commander Jackson O. Pemberton, Laboratory Service, and his wife Marcile, Sept. 27.

A baby boy to Hospital Corpsman Third Class Robert J. Palen, Moffett Field Branch Clinic, and his wife Lorna, Sept. 30.

A baby girl to Hospital Corpsman Second Class Donald R. McClure, Moffett Field Branch Clinic, and his wife, Linda, Oct. 4.

Law requires parents to buckle-up children

In response to statistics indicating that restrained children are 50 to 70 percent less likely to be injured or killed in an auto accident than unrestrained children and that back seat passengers are less likely to be injured than front seat passengers, 21 states have enacted laws requiring the use of, or have instituted public education programs on, safety seats or belts for children.

Tennessee, which passed the first such law, requires parents of children under four years of age to use federally approved child restraining systems. The law became effective Jan. 1,1978, and active enforcement and public education campaigns have increased child restraint use in large metropolitan areas from 9 percent in 1977 to 32 percent in 1981. Injury rates in Tennessee among children under four years of age have decreased from 440.0 injuries per 100,000 children in 1979 to 306.1/100,000 in 1981, a 30 percent decrease, while death rates have decreased 55 percent from 7.72 deaths/100,000 children in 1979 to 3.5/100,000 in 1981.

Sixteen of the 21 states enacting restraint laws for children, encompassing over 40 percent of the American population, have passed laws requiring parents to use car restraints for their children. Three—California, Indiana and Maine—have passed laws requiring state agencies to conduct public information campaigns on the importance of child passenger safety. Hawaii has enacted a state income tax credit for purchase of a child safety restraint. In other states, child restraint legislation is pending.

There will be more educational material forthcoming on this subject at Naval Regional Medical Center, Oakland. In the meantime, parents may obtain further information at the Oak Knoll Safety Office.

Two-servicemember marriage benefits now being studied

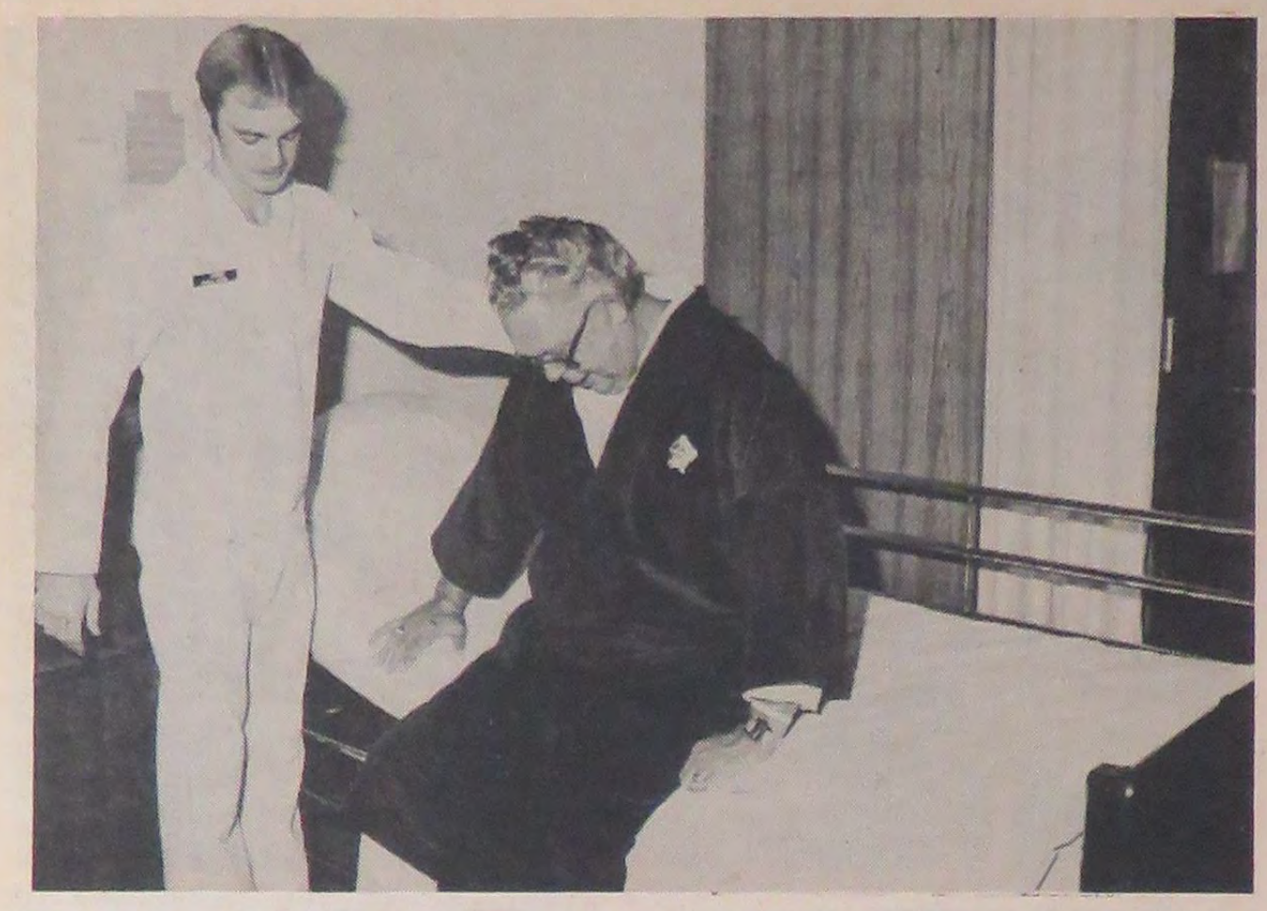
The Assistant Secretary of Defense (MP&FM) has directed the Navy to take the lead in establishing a joint service study group to study compensation policy as it relates to servicemembers who marry other servicemembers.

The group will examine all allowances and benefits offered to servicemembers in this category, identify problems in the compensation system and recommend remedies to the Secretary of Defense.

Congress has shown considerable interest in this area of compensation, especially with respect to paying quarters allowances to members on sea duty.

The study group is coordinated by RADM A.J. Herberger, Director, Military Personnel Policy Division, and his counterparts in the other services, with day-to-day work assigned by the services' Directors of Compensation.

The group, which first met Sept. 9, will meet for approximately six months.



BEDS REPLACED—HN Robert Cavner of 6 West helps patient John W. Sharbonow into one of more than 150 new beds recently received at the hospital. The beds feature full manual crank capability in all therapeutic positions in the event that power is not available. They also take the guesswork out of prescription positioning and have an angle of knee elevation scale that is particularly useful in vascular and orthopedic cases. Controls are "feather touch," enabling even the arthritic to operate with the knuckle or back of the hand. The beds are also safer and save staff time in positioning patients.

Key points to remember regarding CHAMPUS

CHAMPUS is a medical benefits program provided by the federal government to help share the cost of civilian medical care given to spouses and children of active duty and retired military people. Also eligible are spouses and children of deceased active and retired service members.

Following are major points to remember concerning CHAMPUS eligibility:

- Active duty people are not eligible for CHAMPUS. If active service members receive emergency medical care from civilian sources, they should initiate payment of the bill with the office which holds their health records. NAVMED form 6320-10 should be completed through that office.
- "Children" is defined as unmarried and under age 21, including legally adopted children, stepchildren and certain illegitimate children. Unmarried sons and daughters age 21 or 22 are eligible for CHAMPUS if they enrolled in college full time.
- Parents, mothers-in-law fathers-in-law who are claimed by vice members as dependents are eligible for CHAMPUS.
- A current, valid military identi tion card is required to estal eligibility for CHAMPUS benefits.
- All beneficiaries who live wit 40-mile radius of a uniformed se medical facility must obtain a avilability statement, form 12 before CHAMPUS will share the co non-emergency inpatient care rece from civilian sources.
- Inpatient care—As long as patient's attending doctor state writing that the admission was a m cal emergency, a non-availability s ment is not mandatory.
- CHAMPUS does not cover examinations.

Toll-free phone calls offered for CHAMPUS claim info

CHAMPUS beneficiaries who have questions about their claims can reach the claims processor for their state on a toll-free telephone line. The lines have been set up during the past year to better serve beneficiaries in the United States. (OCHAMPUS-Europe and Hawaii do not have toll-free phones.)

Beneficiaries should send claims to the processor for the state in which **care was received.** The toll-free lines for each claims processor can only be used from within the states the firm serves.

For example, the CHAMPUS claims processor for Colorado is Mutual of Omaha, while Blue Shield of California serves neighboring New Mexico. A beneficiary who received care in Colorado but lives across the state line in New Mexico, must send the claim to Mutual. But the beneficiary cannot use the toll-free line to Mutual of Omaha from his or her home. The beneficiary would have to call commercial long-distance—or travel back to Colorado to use the toll-free hookup.

The toll-free lines of most of the claims processors are open during the business hours of the time zone in which the processors are located. Blue Shield of California, which processes adjunctive dental care and Christian Science claims throughout the country, is only reachable toll-free from the states it serves generally.

Here's a list of the claims processors for each state and their toll-free and/or commercial numbers:

STATES SERVED: Alabama, Colorado, Georgia, Mississippi, Nebraska, Ohio, West Virginia. (Also serves Canada, Mexico, Central and South America where there is no toll-free service):

Mutual of Omaha, Mutual of Omaha Plaza,Omaha, Nebraska 68175.

Toll-free number:
1-800-228-7100
Commercial number:
(402) 978-2934

STATES SERVED: Alaska, Idaho, Montana, Oregon, Utah, Washington, Wyoming.

Blue Cross of Washington-Alaska, P.O. Box 77084, Seattle, Washington 98177.

Toll-free number:
1-800-426-9250
1-800-426-1337 (Alaska only)
1-800-562-1312 (Washington only)
Commercial number:
(206) 361-3460

STATES SERVED: Arizona, California, Connecticut, Florida, Maine, Massachusetts, Michigan, Nevada, New Hampshire, New Mexico, Vermont. (Also serves Puerto Rico):

Blue Shield of California, P.O. Box 85020, San Diego, California 92138

Toll-free number:
1-800-854-2667
1-800-295-9681 (San Diego only)
1-800-532-3401 (Northern California only)
1-800-532-3952 (Southern California only)
1-800-854-2549
Commercial number:
(714) 297-7600

STATES SERVED: Arkansas, Illinois, Indiana, Iowa, Kansas, Kentucky, Louisiana, Minnesota, Missouri, North Dakota, Oklahoma, South Dakota, Texas, Wisconsin.

Wisconsin Physicians Service, P.O. Box 7938, Madison, Wisconsin 53707

Toll-free number:
1-800-356-5954
1-800-362-7445 (Wisconsin only)
Commercial number:
(608) 221-4711

STATES SERVED: New Jersey, New York, Rhode Island

Blue Cross of Rhode Island, P.O. Box 786, Providence, Rhode Island 02901

Toll-free number:
1-800-556-7860
1-800-662-5260 (Rhode Island only)
Commercial number:
(401) 272-8500

STATE SERVED: Tennessee

Blue Cross-Blue Shield of Tennessee, 730 Chestnut Street, Chattanooga, Tennessee 37402

Toll-free number:
1-800-572-7247
Commercial number:
(615) 755-5600

STATES SERVED: Delaware, Maryland, North Carolina, Pennsylvania, South Carolina, Virginia. (Also serves District of Columbia):

Blue Cross-Blue Shield of South Carolina, P.O. Box 6119, Columbia, South Carolina 29260

Toll-free number:
1-800-845-2572

(Continued to page 11)

Tylenol

No extra-strength capsules here

Patients of Naval Regional Medical Center Oakland need have no concern about headache drugs dispensed at the hospital pharmacy, said Captain J.R. Lucas, Chief of Pharmacy Service, in answering *Oak Leaf's* questions about the nationwide Tylenol scare, where eight persons have been fatally poisoned with capsules contain cyanide and a man taken ill with a sule containing strychnine.

"We have never ever carried E Strength Tylenol in capsule form Oak Knoll," the captain decla "Furthermore, we use a generic f of the medication."

KNOW
Cancer's Warning Signals!

Change in bowel or bladder habits
A sore that does not heal
Unusual bleeding or discharge
Thickening or lump in breast or elsewhere
Indigestion or difficulty in swallowing
Obvious change in wart or mole
Nagging cough or hoarseness

IF YOU
HAVE A WARNING SIGNAL,
SEE YOUR DOCTOR.



TRAINING—Eight Licensed Vocational Nurses on the Oak Knoll staff ...ently completed a one-week course for certification in intravenous/veni-...ncture. The class, approved by the California Board of Vocational Nurse ...aminers, was presented by Education and Training Service. Students were ...dited with 30 contact hours. In the background is LCDR Michele Comte, an ...tructor for the specialized training.



BOARD OF VISITORS—Rear Admiral Robert C. Elliott (second from right), Commanding Officer, NRMC Oakland, leads off the discussion in the first of quarterly meetings with Commanding Officers of other Navy, Marine Corps and Coast Guard activities in the Bay Area. The "Board of Visitors" has been established to address any problems or concerns the fleet and other bases have with health care service here or at branch clinics.

MED • SCAN

A quick look at recent health care developments

...Researchers at the Massachusetts Institute of Technology and the Harvard Medi... School have developed an **artificial skin for burn victims which holds the pro...se of promoting the regrowth of lost tissue.** The scientists, as reported in *Sci...test,* have been working on the development of the membrane since 1970. The ...terial consists of two layers, an outer surface made of medical-grade silicone rub... and a bottom layer of protein fibers (Collagen) and a starch-like substance ...lysaccharide) which are both components of the bone, tendon and skin of ...mals. The scientists get cells from the victim's own skin which are then separ...d and placed by complex procedures in the space between the two layers of the ...mbrane. These "seed" cells then form a sort of template which guides the ...wth of new epidermal cells. The silicone layer can be peeled away in 10 to 14 ...s. There is a minimum of scarring and no skin grafts are necessary. **It is develop...nts such as this which permit today the survival of victims with burns over ... much as 80 percent of their bodies.**

• • •

...Vanity, thy name is humankind. **Women for too long have taken a bad rap about ...ir supposed willingness to stretch the truth to conform with a fanciful self-...age.** Researchers, reporting in the *American Journal of Epidemiology,* found in ...eening data from the Hypertension Detection and Follow-up Program in Min...apolis of 1973-1974 that when people reported their height and weight the ...ures contained small but significant errors. Women under-reported their weight by ... percent while men only under-reported theirs by 1.6 percent. But men overstated ...ir height by 1.3 percent and women only by 0.6 percent. Over-reporting of height ...reased with age and weight, but decreased with height and educational level. ...der-reporting of their weight by women wasn't as great as they matured, but ...reased with weight.

• • •

...Improved techniques are resulting in an increasing success rate in the "test-tube ...by" (in-vitro fertilization) procedure. Currently, **actual conception occurs be...ween 20 and 30 percent of the time.** With this improved rate The American Fer...ty Society at its annual meeting in Las Vegas endorsed in-vitro fertilization as ...ceptable treatment for women with damaged or absent tubes. Spokesmen also ...pressed the hope that health insurers will reconsider covering the costs of the pro...dure which run about $3,000. Surprisingly, some "pro-life" groups oppose this ...nception concept, even though they find nothing wrong with the surgical treat...nt of fertility.

------- Memory teasers ---------

1. There are currently nine commis...oned destroyer tenders in the U. S. ...avy. USS PRAIRIE (AD-15) is the ...dest. Can you name the rest?

2. There are 15 aircraft carries cur...ntly commissioned in the U. S. Navy. ...ne is USS LEXINGTON (AVT 16). Can ...ou name the rest?

3. The Navy retained four battle...ips in reserve that could possibly be ...activated, if needed. One is the IOWA ...BB 61). Can you name the other three?

Answers

1.
USS PIEDMONT (AD 17)
USS YOSEMITE (AD 19)
USS PUGET SOUND (AD 38)
USS ACADIA (AD 42)
USS SIERRA (AD 18)
USS SAMUAL GOMPERS (AD 37)
USS YELLOSTONE (AD 41)
USS CAPE COD (AD 43)

2.
USS CARL VINSON (CVN 70)
USS NIMITZ (CVN 68)
USS AMERICA (CV 66)
USS CONSTELLATION (CV 64)
USS INDEPENDENCE (CV 62)
USS SARATOGA (CV 60)
USS CORAL SEA (CV 43)
USS DWIGHT D. EISENHOWER (CVN 69)
USS JOHN F. KENNEDY (CV 67)
USS ENTERPRISE (CVN 65)
USS KITTY HAWK (CV 63)
USS RANGER (CV 61)
USS FORRESTAL (CV 59)
USS MIDWAY (CV 41)

3.
NEW JERSEY (BB 62)
MISSOURI (BB 63)
WISCONSIN (BB 64)

DIXIE lowers Navy Jack, passes to USS PRAIRIE



USS *Dixie* (AD 14), once the only destroyer tender to fly the Navy Jack—the Revolutionary War-era "Don't Tread on Me" flag—hauled down its ensign during decommissioning ceremonies in San Diego on June 15. "Dependable Dixie" was commissioned in 1940 and, by virtue of being the oldest Navy ship in continuous active service, was the only U. S. Navy ship authorized to fly the jack. The honor has been passed to another destroyer tender, the USS *Prairie* (AD 15), homeported in San Diego.

The Navy Jack has a colorful background. The flag, with a rattlesnake on a field of red and white stripes and the words—including a misspelling—"Don't Tread on Me" emblazoned across it, was once the personal banner of Commodore Esek Hopkins, the first and only commander in chief of the Continental Navy. The jack first flew from the mast of Hopkins' flagship *Alfred* and was hoisted by young John Paul Jones, a member of *Alfred's* crew. Jones raised a flag on Dec. 5, 1775, but there is some question as to exactly which Navy Jack was flown.

Technically, there may have been two American Navy Jacks.

The first of these was the Gadsden flag, created by Colonel Christopher Gadsden of South Carolina, and offered to Congress as the flag for the commander of the Navy. The Gadsden flag also carried a rattlesnake but against an orange field, and it also included the words "Don't Tread on Me." In presenting the flagto Congress, Benjamin Franklin explained, "The rattlesnake is found only in North America; among the ancients, serpents were considered to possess wisdom and vigilance (because snakes have no eyelids to close). The rattlesnake does not attack without first giving warning, and the number of rattles increases with age." The snake on the Gadsden flag had 13 rattles, perhaps symbolic of the 13 colonies.

The words "Don't Tread on Me" were in response to British Lord North's threat made to America. Lord North swore he would never relax his coercive measures until England and the king again controlled the colonies. The flag was a warning that it would be as dangerous to tread on America as it would be to tread on her symbol—the American rattler. Although Congress discussed the idea, it did not formally adopt the Gadseden flag for the Navy.

The flag now known as the first American Navy Jack, or the Continental Jack, has a rattlesnake stretched diagonally across a red and white striped banner. This is the flag that John Paul Jones presumably ran up, even though he didn't like the symbol that it bore. "I had no choice but to break the pennant as it was given to me," he later wrote. "But I had always abhored the device and was glad when it was discarded." The jack faded into obscurity for almost 200 years following the Revolutionary War.

In 1975, a Chicago attorney suggested the Continental Navy Jack be flown on U. S. Navy ships in celebration of the Navy's 200th birthday. He voiced his idea to his two active duty Navy sons and, with their encouragement, contacted the Navy Chief of Information. The idea was adopted, and on Oct. 13, 1975, Navy ships around the world hoisted the now famous "Don't Tread on Me" ensign and were allowed to fly the jack through December 1976.

The honor of flying the American Navy Jack has since been designated to the oldest Navy ship in continuous active service. *Dixie* proudly flew the historic jack from April 1981 until June of 1982. That honor and prestige now passes to the *Prairie.*

Toll-free

(Continued from page 10)

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Sanno Hotel: A Tokyo bargain

An inexpensive way to visit Tokyo is available to U. S. Navy people and their families at the Navy's Sanno Hotel. Whether on leave, a family vacation or official travel, members of the military community can enjoy nearby tourist attractions inexpensively while enjoying the comfort and familiarity of an American style hotel.

Located in "Akasaka," a central downtown-Tokyo district known for its fine restaurants, shops, deluxe hotels, nightclubs and discos, the Sanno has elegant neighbors. The American embassy is only a few blocks away, and Tokyo's excellent, inexpensive and easy-to-use subway is just two minutes outside Sanno's rear door. The Sanno makes an excellent home base for discovering Tokyo.

The American environment provided by Sanno includes a variety of dining rooms to suit most budget, taste or style preferences. A newly renovated cocktail lounge beckons nightly. Entertainment is offered regularly and ranges from piano bar, dancing, floor shows and "big band" sounds, to feature-length major motion pictures and outdoor garden parties.

Other services at the Sanno include pack-and-wrap, a Navy Exchange, 10 gift shops, an antique shop, a package store and delicatessen, game room, travel service, flower shop, bookstore, barber and beauty shops, postal services, and a swimming pool and exercise room.

The Sanno's 150 rooms are varied in size and price, ranging from deluxe suites to economical single or double rooms with shared baths. Per-person, per-day prices run from $9 to $15 for singles and from $7.50 to $17.50 per person for doubles.

The Sanno is a joint-services hotel for active duty, retired or active reserve U. S. military people and their dependents. U. S. civilian employees of U. S. forces and other U. S. government agencies accredited to the U. S. embassy are also eligible to use the Sanno. The Navy has served as executive agent for the Sanno since 1980, with support from the other military services.

It's easy to reserve a room at the Sanno. Simply write to The Sanno Hotel, APO San Francisco 96503 to request reservations and include a $20 reservation deposit. Reservations can also be made by telephone or telex: Autovon 229-7117/7107 or Telex 2222511 SANTEL J. The Sanno's commercial phone number in Tokyo is: 581-6471, ext. 7117.

To find a touch of America in downtown Tokyo, come stay at the Sanno. There is something more: perhaps the friendliest, most gracious hotel staff you will ever encounter. All yours, at bargain prices. (NES)



PRACTICAL SOUVENIR—CDR Ben Ho's belt buckle award is admired by Re Admiral Robert C. Elliott (left) as Captain Richard O'Reilly looks on. The be buckles were awarded to Navy participants in the recent Fleet Admiral Rifl Skeet and Pistol Match.

Four from NRMC Oakland in rifle, skeet, pistol meet

The 43rd Annual Fleet Admiral Nimitz match in Rifle, Skeet and Pistol shooting took place on Oct. 3. The contest is an annual competition between the Pacific Fleet and the Olympic Club of San Francisco.

NRMCO Oakland had four participants this year. CDR Ben Ho represented the Navy's number one team and finished with a score of 510-6X. The second Navy Team consisted of LCDR George Grasel, CAPT Richard O'Reilly and LCDR Charles Blankenshi

The Navy Team won the ske match while the Olympic Club won th .22 cal. rifle match and the .45 pist match, giving the Olympic Club thi year's total winning points.

The Navy team is looking forward t a better showing next year. Anyon interested in participating in the ne event may get more information fro this year's participants.



Masquerade Ball slated here Oct. 29

The annual Masquerade Ball will be held at the Oak Knoll Officers' Club on Oct. 29, with festivities scheduled to begin at 7 p.m.

The party will feature an Italian buffet and dancing to the music of an Air Force combo. Prizes for the best costumes will be awarded.

Tickets at $10 each are available from secretaries in the following offices: Director of Clinical Services; Nursing Service; Dental Service; Operating Management and Chief of Pediatric Service.

Although costumes are not mandatory, they are strongly recommended, according to one Recreation Committee member.

VA Qs and As

Q—If I do not agree with a decision the VA makes on an application for benefits, what can I do?

A—You may file an appeal on benefit decisions you disagree with. All that is necessary to start the appeal procedure is for you to write the VA stating why you disagree with the decision and include information you believe should be considered by the VA.

• • •

Q—Can a veteran purchase a condominium or townhouse with a GI home loan?

A—Yes, as long as it meets VA appraisal requirements and is going to be occupied by the borrower as his/her permanent primary residence.

• • •

Q—If a veteran dies before a home loan guaranteed by the Veterans Administration is repaid, will the VA pay off the balance?

A—No, the surviving spouse or other co-borrower must continue making payments.

Reserve now for Reno trip

Space is still available on the Special Services-sponsored trip to the Reno/MGM Grand, Nov. 19-21, but reservations must be in by Oct. 29, Sally Young reports.

A deluxe motorcoach will leave Oak Knoll at 4:15 p.m. on Friday, Nov. 19 and return Sunday, Nov. 21 at approximately 6 p.m. The package include accommodations at the MGM Gran Hotel, a ticket to the "Hello, Hollywoo Hello" show, two drinks at the show, trip downtown to Reno's strip, plu casino bonuses.

Call Sally at 639-2479 if you hav any questions.

★ ★ ★ MOVIES ★ ★ ★

Friday, Oct. 15, 6:30 p.m.—CHEECH & CHONG'S NEXT MOVIE—Cheec Maren, Thomas Chong—Comedy/R

Saturday, Oct. 16, 1 p.m.—PIPPI ON THE RUN—Inger Nilsson, Maria Person Adventure/G

Saturday, Oct. 16, 6:30 p.m.—CHEAPER TO KEEP HER—Mac Davis, Tova Feldshuh—Comedy/R

Sunday, Oct. 17, 6:30 p.m.—ALICE IN WONDERLAND—Animated/G

Monday, Oct. 18, 6:30 p.m.—CATTLE ANNIE AND LITTLE BRITCHES—Bu Lancaster, John Savage—Western/PG

Tuesday, Oct. 19, 6:30 p.m.—CONAN THE BARBARIAN—Arnold Sch warzenegger, James Earl Jones—Action/R

Wednesday, Oct. 20, 6:30 p.m.—HOSTAGES—Stuart Whitman, Marisa Mell Action/R

Thursday, Oct. 21, 6:30 p.m.—SWAMP THING—Louis Jordan, Adrienne Ba beau—Adventure/PG

Friday, Oct. 22, 6:30 p.m.—YETI, THE GIANT OF THE 20TH CENTURY Phoenix Grant, Jim Sullivan—Horror/PG

Saturday, Oct. 23, 1 p.m.—PIPPI LONGSTOCKING—Inger Nilsson, Maria Perso Adventure/G

Saturday, Oct. 23, 6:30 p.m.—TESS—Wastassia Kinski, Peter Finch—Drama PG

Sunday, Oct. 24, 6:30 p.m.—ADVISE AND CONSENT—Henry Fonda, Charle Laughton, Drama/PG

Monday, Oct. 25, 6:30 p.m.—TAKE THIS JOB AND SHOVE IT—Robert Hays Barbara Hershey—Comedy/PG

Tuesday, Oct. 26, 6:30 p.m.—LADY CHATTERLEY'S LOVER—Sylvia Kristel Nicholas Clay—Drama/R

Wednesday, Oct. 27, 6:30 p.m.—JOSIAH—Michael Horse, Effrem Zimbalist Western/PG

Thursday, Oct. 28, 6:30 p.m.—THE SWORD AND THE SORCERER—Le Horsley, Kathleen Beller—Fantasy/R

Mark Trail's OUTDOOR TIPS

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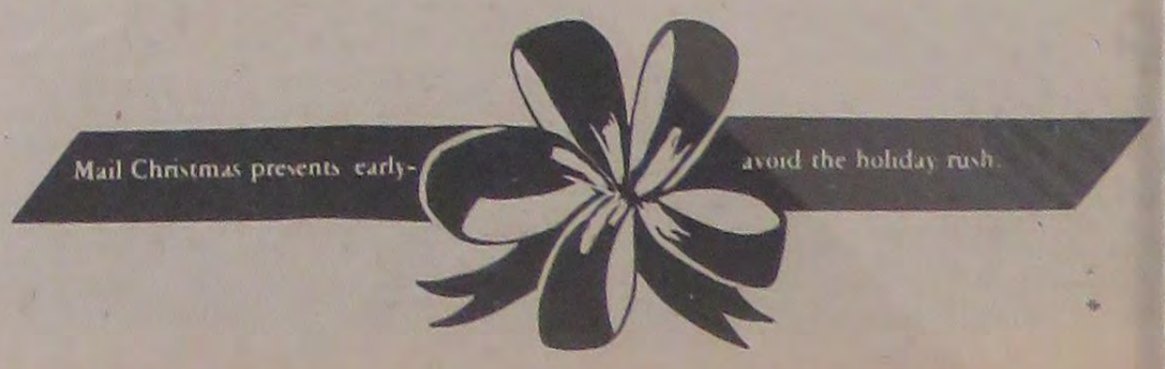
IF CHANGES MUST BE MADE, THE MOVING PERSON SHOULD HOLD ON AND KEEP LOW

"Courtesy of Field Newspaper Syndicate and Department of Transportation/U.S. Coast Guard"

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THE OAK LEAF

Naval Regional Medical Center, Oakland, California

Vol. 44, No. 20

Friday, October 29, 1982



EYE EXAM—Lieutenant Rita Hannum, Optometrist at our Treasure Island Branch Clinic, examines the eyes of an active duty man. For feature on the TI Clinic, see Page 4. *(Photo by David Sims)*

New vaccine here for high-risk staff

A new Hepatitis B virus vaccine recently marketed under the name of Heptavax-B (R), is now available at Naval Regional Medical Center Oakland in limited quantity for those members of the staff in high-risk positions.

According to LCDR Dan Lancaster, Infectious Disease Officer, "the vaccine is very effective in most cases, and the hospital has aboard enough vaccine for several hundred persons."

Hepatitis B is a major form of infection for all hospital workers, despite all routine precautions. Anyone who comes in contact with the blood of patients runs a risk of getting the infection. Formerly, the only preventive measure against the infection was the administration of Hepatitis B immunoglobulin, an expensive procedure not always effective. The new vaccine, officials say, is a breakthrough for the medical field worker and the risk of infection will be practically eliminated.

The high risk areas of this hospital are the dialysis units, Dental Service, Pathology, Surgery, ICU, CCU, Emergency Room and Nursing Service. Selected personnel of these departments are now undergoing blood screening to see if they have developed antibodies against the disease. If they have, immunization will not be needed. Others will be given the vaccine on a volunteer basis.

The vaccine is in short supply because of its cost. Priority will go to those staff members in closest contact with patients and blood. Priority will be determined after the screening process.

The cost per course is $90 to $100 and takes six months to administer.



Do Your Duty

VOTE

2 November 1982

Winter uniforms in effect Nov. 8

The shift to winter uniform for the San Francisco Bay Area will take effect on Nov. 8. No transition uniform period is authorized.

The uniform of the day for the winter period will be:

- **Male Officers/CPOs:** Prescribed—Service Dress Blue; Alternate—Summer Khaki; Optional—Winter Blue.
- **Female Officers/CPOs:** Prescribed—Service Dress Blue (A/B); Alternate—Summer Khaki (A/B); Optional—Winter Blue (A/B).
- **Male E1 to E6:** Prescribed—Service Dress Blue/Blue Jumper; Alternate—Winter Blue.
- **Female E1 to E6:** Prescribed—Service Dress Blue (A/B); Alternate—Winter Blue (A/B).

Summer white uniforms may be worn as a working uniform in the patient care areas of this hospital; however, the summer whites will not, repeat NOT, be worn off base, even in transit between home and medical center.

Best employee

EOQ to be selected here

An Employee of the Quarter (EOQ) program is being established at this command to recognize Oak Knoll's outstanding civilian employees, it has been announced.

A memo to all Chiefs of Service from Rear Admiral Robert C. Elliott, Commanding Officer, declared the program's objectives are to "enhance individual and collective morale; provide an incentive for loyalty, attendance and production, and promote a military-civilian team concept."

An EOQ Awards Committee under the chairmanship of Medical Service Corps Commander George Hansel of Preventive Medicine Service is being formed to judge nominations submitted by Chiefs of Service. In addition to CDR Hansel, the committee is comprised of Margaret Miller, Drug Screening Laboratory; Donna Ostrowski, Patient Affairs; Joseph Isoefa, Clinical Investigation Center; Mary Smith, Equal Employment Opportunity Office, and Paul Hammond, Housekeeping Service.

Nominations for the first selectee close Dec. 1. The committee will meet in mid-December and announce its selection. The employee honored will receive several awards, including a reserved parking spot for three months, a letter of commendation, and a command plaque. He or she will also have his/her photograph prominently displayed in the hospital lobby and be featured in *Oak Leaf*. Other rewards are also being explored.

Criteria for selection are;

- **Dedication to duties.**
- **Loyalty to the U. S. Navy.**
- **Courtesy or deportment.**
- **Good attendance record.**
- **Appropriateness of appearance.**
- **Quality/quantity of work.**
- **Exceptional acts or accomplishments.**
- **Concern for patients (if applicable to job).**

Civilian employees of any grade or job specialty are eligible for this award.

Regional meet today

Officers in Charge of Naval Regional Medical Center Oakland's outlying activities are meeting this morning in the Officers' Club with key staff members of the command.

The Regional Executive Planning Committee began its quarterly conference at 10 a.m. and a no-host luncheon will follow.

(Continued to page 2)



SECOND TIME AROUND—Captain H. James T. Sears, Director of Clinical Services, receives the Meritorious Service Medal pinned on by Rear Admiral Robert C. Elliott, Commanding Officer. This is Captain Sears' second MSM. He earned the latest one for outstanding service at his last duty station, NRMC San Diego.

Editorial---

Chaplain's corner

The significance of living

By Chaplain M. Kathy Brown
LT, CHC, USN

As long as man has a dream in his heart, he cannot lose the significance of living.

The dream in the heart is the outlet. It is one which the living water welling up from the very springs of being nourishes and sustains life.

Take no thought for your life—it is in God's hand. A dream lives in the inwardness of the heart; it is deep within where the issues of life and death are ultimately determined.

As long as a man has a dream, he cannot lose the significance of living.

Get hazards corrected BEFORE accident occurs—not afterwards

"Hey, Safety, how about getting this tripping hazard corrected? It's been this way for two weeks now. Somebody is going to get hurt."

"Well, if it isn't Safety! It's been a long time since I've seen you in this service. While you're here, I'd like to show you a couple of unsafe conditions. They've been that way for a month and nobody's done anything about them."

Sound familiar? It sure does. Safety Office functions include daily inspection of work sites, facilities and branch clinics for unsafe and unhealthy conditions—and getting the problems corrected. The office also investigates mishaps to determine the cause and recommends corrective action to ensure that a similar accident doesn't occur.

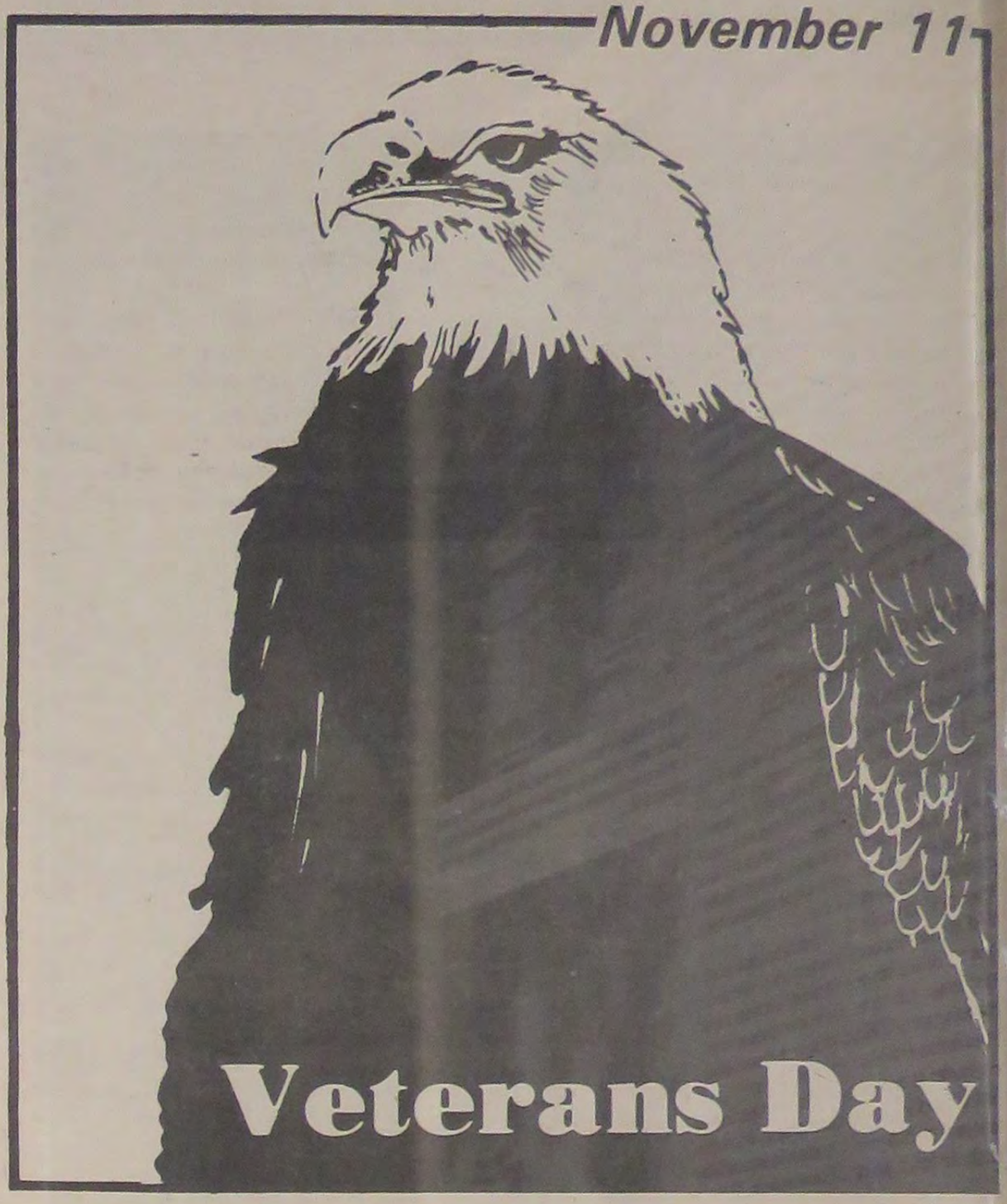
And, the paper work is monstrous, just like for any other job. So, what we are saying is this: **"Don't wait until you see a safety representative to report a problem. Notify your supervisor or the Safety Office to get it corrected now."**

Another alternative is a Navy, Military and Civilian Report of Unsafe or Unhealthful Practice or Condition, NRMCO 5101/4, available in boxes in hallways throughout Building 500 and most of the outlying buildings. This form is also available in Operating Management and the Safety Office.

Don't wait for a mishap to happen before getting a problem corrected. **Safety is everybody's business.--Connie Watkins**

A time to remember . . .

November 11



Prevent fire from casting spell over plans for Halloween fun

Don't let fire "bewitch" your children this Halloween.

This warning comes from the head of the National Fire Protection Association (NFPA) as families get busy with costumes and decorations in anticipation of the youngsters' fun Oct. 31.

"One of the great dangers lurking about for the trick-or-treat set is the hazard of fire," according to President Charles S. Morgan of NFPA, the national center of fire safety information. "Far more scary than any monster or ghostly figure is the possibility of flaming clothing and furnishings," he points out.

Here are four life-saving suggestions from NFPA for parents to keep in mind while planning for Halloween:

- Home-made costumes should avoid flimsy materials and the yards and yards of old sheeting popularly used for witch and ghost disguises. A touch of flame could start a fire in such billowing skirts and sleeves. Also beware of paper-bag masks and costumes made of paper—although economical, they too can ignite in an instant.
- Ready-made costumes, masks, wigs and beards should be labeled "flameproof." Do not buy any Halloween items not so marked.
- Use flashlights—never lighted candles—to illuminate the faces of pumpkins being carried about. If candles are used in jack-o-lanterns on display, be careful to place pumpkins where they can't set fire to curtains or other decorations and where they can't be tipped.
- Be extremely careful with the tinder-dry cornstalks and other harvest-season decorations. Don't place them near fireplaces or other sources of heat, and don't let them block doorways or stairs.

Retired secretary sends thanks

Thank you very much for making my retirement day such a memorable one. Thank you, Sara Lou Knight, Marge Lesage, and the committee for the perfect luncheon. I appreciated the tributes from Admirals Elliott and Lonergan, Captains Sears and Strom and Phil Harkov—and the letters and telegram from the six Directors of Clinical Services, plus the plaques (including the one from the EEO Officer.)

In my short farewell speech I forgot to say the two most important things, which are:

- With mixed emotions I depart today for the next chapter in my life, and,
- It was a privilege working with all you lovely people at Oak Knoll.

Thank you also for the "ship's wheel." I'll cherish it all my life.

Mary Takai

A bereaved family's appreciation

Thank you, friends and former shipmates, for your kind letters, cards and other expressions of sympathy on the recent loss of our son Joe.

His sudden death was a tremendous shock to us, but we would like you to know that we are gradually accepting and coping. Your friendship has helped considerably during this trying time.

CDR and Mrs. Bruce Panas and family
San Diego

Political activity by civilians a 'no-no'

The 1982 election campaigns are in full swing but not everyone can take an active role. Defense Department civilian employees are reminded that they are restricted in their ability to participate actively in partisan political management and campaigns.

The Hatch Act, which outlines certain political prohibitions for DoD civilians, applies whether an employee is on duty, off duty, or on leave. See the local Civilian Personnel Office for details.



GET AN HOUR'S EXTRA SLEEP THIS WEEKEND. TURN CLOCKS BACK ONE HOUR ON OCT. 31 AS WE RETURN TO PACIFIC STANDARD TIME.

Regional meet--

(Continued from page 1)

Oakland officials speaking to the group include: Rear Admiral Robert C. Elliott, Captain H. James T. Sears, Captain James H. Black, Commander Charles R. Loar, Captain Alma Gomes, Commander Robert P. Legg, Lieutenant Commander William H. Archambault, Lieutenant Commander A. "Sid" Gesh, Lieutenant Michael P. Lawson, Mr. Herbert Lindemann and Mr. Weldon Miles.

A staff member from the Drug Screening Lab is also expected to speak.

NAVAL REGIONAL MEDICAL CENTER
OAKLAND, CALIFORNIA

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Commanding Officer

CAPT H. James T. Sears, MC, USN, Director of Clinical Services

CDR C.R. Loar, MSC, USN
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Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.

QA study now conducted here leads to research publication

A quality assurance research article co-authored by Navy Medical Corps officers, LCDR James K. Schmitt, CDR Joel R. Poole and CAPT Stephen B. Lewis, will be published in the November issue of the prestigious journal *Metabolism,* it has been learned.

The paper is entitled "LDL-HDL Cholesterol Correlates with Hemoglobin Al in Normal Weight Type II Diabetics."

Diabetics have two to three times the incidence of cardiac-related death as non-diabetics, and it has been postulated that this increase in risk is due to lipid abnormalities. Because the relationship between diabetic control and cholesterol level has not been established, medical quality assurance standards for what levels of diabetic control are acceptable have not been ascertained.

Using a computerized data base, Drs. Schmitt, Poole and Lewis correlated hemoglobin Al (an index of long term diabetic control) with the level of cholesterol and cholesterol fractions in 50 diabetics. They found a definite correlation between strictness of diabetic control and cholesterol levels, especially in women. These results suggest that improvement of diabetic control may decrease long term cardiac mortality.

These local investigators are now attempting to determine at what level of diabetic control maximum benefits to cardiovascular risk are achieved. Using such data, future medical quality assurance standards may define the acceptible level of diabetic control.

Civilians may still enroll in FEGLI

You may still have an opportunity to enroll in the Federal Employees' Group Life Insurance (FEGLI) Program or increase the coverage you already have.

If it has been a year or more since you have waived basic insurance or one of the forms of optional coverage; you are under the age of 50 and you can furnish proof of medical insurability, you can sign up for FEGLI or increase your existing coverage. This may be done by obtaining a copy of SF2822 from the Civilian Personnel Office.

If you have married or had a child within the last 60 days you may be eligible to increase or add to your FEGLI coverage. Under Option B you can enroll or increase your coverage without medical examination if you are under 36 years of age. If you are over 36 but under 50, you can increase your coverage if you already have at least some Option B coverage. This may also be done without a medical examination.

If you do not already have Option B coverage, and you are under age 50, you can enroll if it has been a year since you last waived coverage and you furnish, at your own expense, satisfactory evidence of insurability.

You can enroll in Option C regardless of your age. For further information as to eligibility rules call the Civilian Personnel Office at Ext. 2116.

New drug penalties instituted

President Reagan has approved several amendments to the Manual for Courts-Martial (MCM), which provide a comprehensive and uniform system of definitions and punishments for contraband drug offenses in the military. The changes became effective Oct. 1.

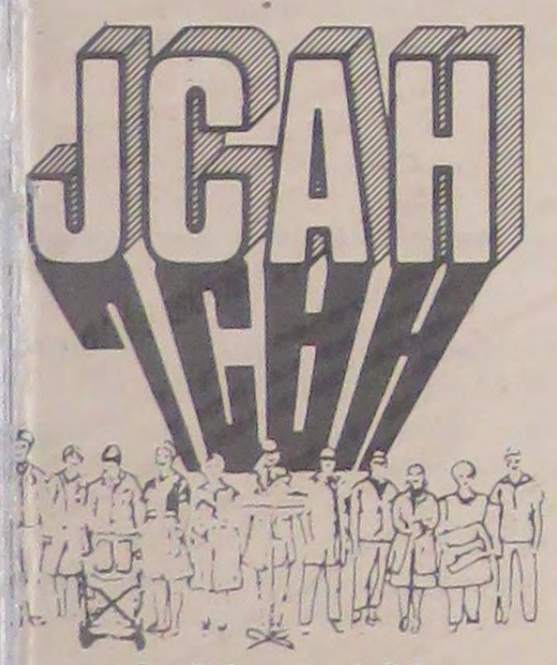
The amendments reduce the former reliance on Navy, Army and Air Force regulations in the prosecution of drug offenses by expanding their treatment in the MCM. This is expected to result in more uniform treatment of offenders in the different military services. In addition, the proposals increase penalties for some types of offenses, providing a greater deterrence to potential drug abusers.

The changes replace the former Universal Code of Military Justice (UCMJ) prohibitions against wrongful use, possession or transfer of marijuana or habit-forming drugs (and the respective maximum sentences of five or ten years' confinement at hard labor) with several new classes of offenses.

The offenses and their maximum punishments are:

- Illegal use, possession, manufacture or introduction of drugs—five years' confinement, total forfeiture of all pay and allowances, reduction to the lowest paygrade and dishonorable discharge.
- Distribution, or possession, manufacture or introduction with the intent to distribute drugs—15 years' confinement, total forfeiture of all pay and allowances, reduction to the lowest paygrade and dishonorable discharge.
- If the use, possession, distribution, etc., occurs while onboard a ship or aircraft, on watch, in a hostile fire pay zone or in time of war, the punishment can be increased by an additional five years' confinement and forfeitures.

The exact language of the new changes to the UCMJ is contained in NAVOP 130/82 of Oct. 13.



IS COMING!

Robert Crecca M.D.

Nov. 15, 1982

FY82 SRB announced

New Selective Reenlistment Bonus (SRB) award levels, which become effective Nov. 1, were announced by NAVOP on Oct. 1. The NAVOP grants authority to execute all SRB reenlistments which were approved "for planning purposes" under the provisions of NAVOP and allows personnel who

(Continued to page 6)



HOW IT'S DONE—Lieutenant Commander David M. Kouns of the Drug Screening Laboratory, explains the processing of urine samples to Assistant Secretary of the Navy John Herrington, who visited Naval Regional Medical Center Oakland on Oct. 14.



WARD VISIT—In a walking tour of the hospital during his visit here, Assistant Secretary of the Navy John Herrington dropped by to chat with active duty patients in the orthopedics wards.

★★★★ New VHA in effect ★★★★

New FY-1983 Variable Housing Allowance rates, based on April 1982 surveys showing a 9.6 percent average increase in housing costs for servicemembers, became effective Oct. 1.

Most VHA rates showed substantial increases, but a few housing areas declined slightly. These cases were thoroughly investigated to ensure that new rates accurately reflect the housing market costs in those areas. VHA continues to be a major compensation improvement which reimburses members more fairly for off-base housing costs.

Navy members should begin receiving new VHA rates on the Nov. 15 payday retroactive to Oct. 1, 1982.



MAKING IT OFFICIAL—Rear Admiral Robert C. Elliott, Commanding Officer, NRMC Oakland, signs the renewal of a three-year agreement between management and the International Brotherhood of Electrical Workers. Among those witnessing are (clockwise): James Crayton, Chief Steward at the Medical Center and Vice President of the local; Herbert Lindemann, Chief of Civilian Personnel Service; LCDR Pat Shannon, Assistant Director of Administrative Services; Donald Week, President and Business Manager of the local, and Frederick L. Jensen, Chief Negotiator for the union.

Our branch activities

Treasure Island clinic in beautiful location

The Branch Medical Clinic at Naval Station, Treasure Island, is located on perhaps the most scenic real estate owned by the Navy today.

Treasure Island is the largest man-made island in the world, approximately 403 acres, and was created in a 14 month period, beginning in November 1937 to serve as the site for the 1939-40 Golden Gate International Exposition. The island rests on the shoals of Yerba Buena Island, a natural island that was covered with tons of rock and silt dredged from the San Francisco Bay. Much of the silt had washed into the bay during the California Gold Rush which helps to explain the name "Treasure Island."

The island was leased to the Navy early in 1941. After World War II, San Francisco traded the deed to the island for government land, south of the city, which is now San Francisco International Airport. The medical department first occupied the current Medical Clinic Building in October 1947.

Since then, the clinic has operated in several capacities, including command status as the Navy Regional Medical Clinic, Naval Support Activity, Treasure Island, San Francisco, California. In September 1977 the facility was decommissioned and redesignated as the Naval Support Activity Branch Clinic, Treasure Island, a clinic of the Naval Regional Medical Center, Oakland, California. The Commanding Officer billet was deleted and redesignated as Officer in Charge. In September 1980 the Naval Support Activity, Treasure Island was redesignated as Naval Station, Treasure Island, and the clinic continues to medically support that activity; more than 30 host activities; the family housing areas located on Treasure Island and Yerba Buena Island; the Hunters Point Naval Shipyard facility; and a Branch Medical Clinic located at the Naval Supply Center, Oakland. In total, Branch Clinic, Treasure Island, serves a potential beneficiary community in excess of 15,000.

The clinic also offers 24-hour emergency ambulance service with two ambulances and an after-hours duty crew. The clinic is authorized 33 hospital corpsmen billets, four civilian clerical positions, five general medical officers, one pharmacy officer, one optometrist, one pediatrician, one psychiatrist, one clinical psychologist, one Navy Nurse Corps officer, two physician assistants, and the Officer in Charge. The clinic is currently staffed at the 85 percent manning level.

The Branch Medical Clinic Naval Supply Center is authorized one civilian physician, one industrial health nurse, eight civilian health technicians, and two clerical personnel.



THE GANG'S ALL HERE—Staff of the NRMC Branch Clinic at Treasure Island pose at the entrance for a group shot. *(Photo by David Sims)*

In addition to routine outpatient services and immunizations, the Treasure Island Branch Clinic provides a number of other services to its beneficiaries. The Pediatric Department provides routine outpatient pediatric medical care, school physicals, and immunizations for children who are 18 years of age and under. The Psychiatric Department provides psychotherapy, counseling, and psychological testing. The Optometry Department provides all types of eye examinations and treatment of routine eye disorders. The Physical Therapy Department provides therapy as prescribed by medical officers such as exercise, whirlpool, heat, and mechanical treatments under the guidance of a physical therapy technician. The Preventive Medicine Section routinely inspects and reports on the sanitation conditions of all facilities on the island. All of the clinical facilities are supported by inhouse laboratory, x-ray, and pharmacy services.

Naval Station Treasure Island is a major Naval transient facility processing approximately 2,000 transient personnel per month for assignments, separations, legal hold, discipline, and a medical holding company which normally has an average daily count of 80 personnel. In support of these facilities the clinic performs an average of 40 physical examinations monthly. Durin the last project upgrade the da average for separation physica exceeded 60 per day. In addition, t clinic supports the Navy Brig, Treasu Island which normally operates with daily population of 150. The clinic co ducts pre-confinement physicals on prisoners, holds daily sick call, a maintains a medical office in the bri

The Branch Clinic also offers son unique services which support the mi sion of the Naval Station and tena activities. Qualified instructors provi CPR and basic first aid classes for no medically trained personnel on t island. The clinic offers a behavior weight control program for all eligib beneficiaries and is developing a r smoking program to be offered in t future. The Optometry Departme provides screening exams for H Technician A School students who a exposed to potential arc welding e injuries.

The future for the Branch Medic Clinic shows a potential for growth a expansion. In the fall of 1982 Navi Station Treasure Island will open a C rection Custody Unit, and plans a being developed for a new 300-m brig facility, expanded family housi area, and the homeporting of ships the island. The Naval Technical Trai ing Center is expanding its facilities a expects to reach a student populati of 500 students. As the island co munity grows, so will the functions the clinic.



YOUNG TICKER—Lieutenant Kevin Shannon, Pediatrician at TI, listens to th chest of one of his young patients. *(Photo by David Sims)*

Command Line

(This column permits direct access to command executives by either military or civilian staff members of any grade, rate or rank. Questions on matters impacting the medical center operations as a whole, reports of incidents of abuse or fraud, or items of concern to large numbers of the staff are invited. Please also submit recommendations and report positive information of interest to all of us. Submit comments in any legible written form to the Public Affairs Office for routing. You may remain unidentified if you so wish.)

Small offices 'contracted-out?'

COMMENT: There are numerous rumors in the hospital since the word came out about Food Service, Housekeeping and the Laundry. There is one that strikes terror in our hearts. We hear that every office or service in the hospital with six or less employees will be contracted out. Could you please tell us what is happening?

REPLY: The rumor is INCORRECT. "Contracting Out" of hospital functions is the end result of studies accomplished under the Department of Defense Commercial Activities Program. To date, only Housekeeping, Laundry and Food Service have been announced under the program. This means that a study and a cost comparison must be accomplished to determine which (in-house vs. contract) is less costly to the government. Studies of the above functions are in various states of completion and the decision to contract out or not rests with the competitiveness of our costs to several vendors.

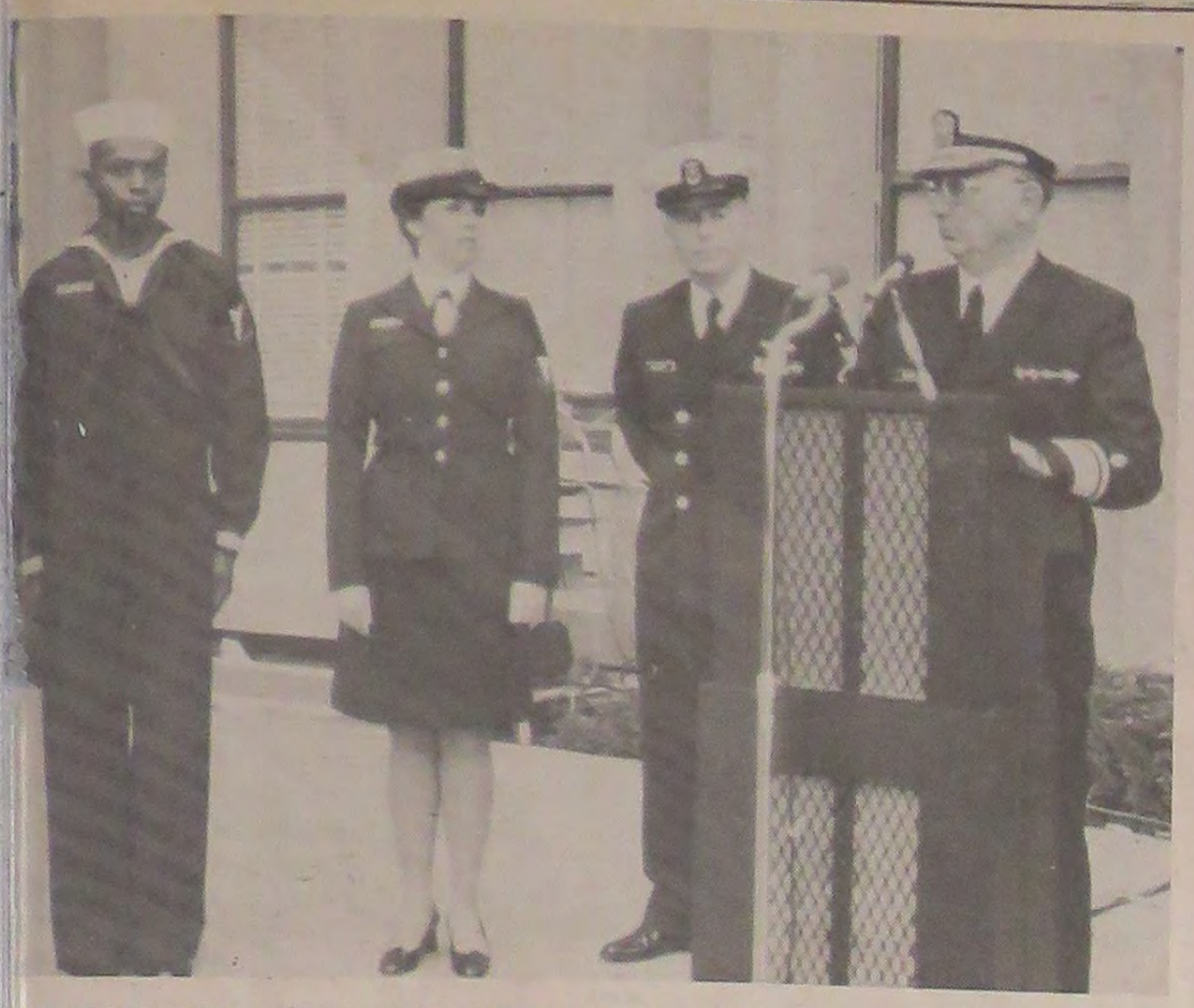
Although NRMC Oakland anticipates involvement in other Commercial Activities studies this year, no other functions here (of more than 100 such functions) hav been announced at this time. Selecting areas for study is accomplished by high authority and approved by Congress.

Why no commissary?

COMMENT: Why can't we have at least a small commissary on this base Alameda, Treasure Island, Moffett Field are really inconvenient to use, so co sequently many of us end up paying the prices in the civilian community. believe you can save money shopping in the commissary but not if you have t drive miles to get there.

REPLY: Commissary stores are generally located in areas where there is a heav concentration of military personnel, or in remote areas where there is a less dens military population but where access to items carried in commissary stores might b

(Continued to page 6



OST SQUARED AWAY—HM3 Selwyn Cave (left) of Psychiatry Service, and M2 Robin Guzzo, Cardiopulmonary Lab, were singled out as the most quared away" sailors at a recent inspection. Rear Admiral Robert C. Elliott nounces their selection at the microphone while Command Master Chief arles Dackerman looks on. The two corpsmen honored were granted a 72-ur mid-week liberty as a reward. One member from each of two enlisted pla-ons will be selected at each inspection.

DT3 Williamson is top sailor



DT3 Betty A. Williamson

Dental Technician Third Class Betty A. Williamson has been selected as Naval Regional Medical Center Oakland's Sailor of the Month (for September).

Petty Officer Williamson has served as the Preventive Dentistry Technician, the Oral Diagnosis/Endodontic Branch Technician, and the contact point for Dental Service at the main reception desk since her arrival to this command in November 1981. She has also been Dental Service's Energy Conservation Monitor.

According to Captain G. W. Oatis, Jr., Chief of Dental, Betty has accepted and accomplished each of her duties in a responsive, forthright and proficient manner, and has proven time after time that she can be relied upon to perform any function and continue to produce the desired results. Her superior officer also notes that her appearance is always impeccable, that she is courteous yet sincere, and has concern for her shipmates and patients.

Petty Officer Williamson is the daughter of Mrs. Wanda Williamson of Akron, Ohio. She attended college for one year before entering the Navy five years ago. Her career goal is to become a dental hygienist.

The trim, attractive technician is also a sports enthusiast, having played on the All-Navy Softball and Basketball teams.

Her previous assignments in the Navy, in addition to Dental Technician 'A' School, have been in Naples, Italy, and at Bethesda, Md.

She has also completed contact point management training.

attleship needs old salts

An official call has gone out to ected and Fleet Reservists to come ard the soon-to-be reactivated bat-hip IOWA. (BB61) for a two-year r of active sea duty beginning late in 83.

Applications for active duty may be de as early as now, with a reporting e to the Fleet Training Center, Nor-, Va., in November 1983.

The number one need on IOWA is gunner's mates who are familiar the ship's big 16-inchers. Fire trol technicians with MK-37 GFSC erience also are in critical need.

OWA needs 24 other ratings. They BM, BT, DK, DT, EM, ET, EW, HM, C, MA, ML, MM, MR, MS, NC, OS, QM, RM, SM, SK, SH and YN.

Otherwise qualified Selected Reser- may serve aboard IOWA as long heir two-year tour of duty expires re age 60.

pplications will be accepted in e time groups—nucleus I, nucleus II a balance crew.

eserve applications for nucleus I will be accepted Oct. 10 through Dec. 31, 1982. Selections will be made in April 1983. Those selected will report to Norfolk on Nov. 1, 1983, and aboard ship on Jan. 1, 1984.

Applications for nucleus II will be accepted from Jan. 1 through March 31, 1983. Selection will be made in June 1983. Those selected will report to Norfolk Jan. 1, 1984 and aboard ship March 1, 1984.

Balance crew applications must be received between May 1 and July 31, 1983. Selections will be made in November and those chosen will report to Norfolk July 1, 1984 and aboard ship Sept. 1, 1984.

Applications not accepted in the first increments will automatically be retained for the next increment unless otherwise indicated on the application.

Applications should be mailed to: Commander, Naval Military Personnel Command (NMPC-21), Navy Department, Washington, D.C. 20370. The envelope should be clearly marked "Iowa Recall."



T WEEK PARTICIPATION—Naval Regional Medical Center Oakland was sented at the Embarcadero in San Francisco during recent Fleet Week ship houses. Volunteers from the medical center were there to answer ques-, take blood pressure and demonstrate cardiopulmonary resuscitation for isiting public. Here two active duty men from one of the visiting ships stop have blood pressures taken by Hospitalman Robert Arrowsmith and Nurse s Lieutenant Commander Suzanne Norton.

Retiring nurse honored today



CDR Joan Tulich

Ceremonies are being held this morning in honor of Commander Joan S. Tulich, Quality Assurance coordinator for Nursing Service, who will retire Oct. 31 after 20 years active duty in the Navy.

"I've been looking forward to this day," she said. "I have no immediate plans—just get up and do whatever I feel like doing."

The Massachusetts native is a graduate of Boston College and the Catherine Laboure' School of Nursing.

In addition to Oakland, her Navy career has taken her to the hospital in San Diego twice, and to Kodiak, Alaska; Groton, Conn.; Lemoore, Guam, and aboard the USS SANCTUARY (AH-17).

She holds the National Defense, Republic of Vietnam Campaign, Vietnam Service Medal, and the Vietnam Armed Forces Honor Medal First Class.

Married to Lieutenant Commander Eugene N. Tulich of the Coast Guard, she lives in Danville and says her new job will be "housewife."

The Navy nurse enjoys travel and is a fan of all New England's sport teams.

Joe Panas dies in vehicle crash

Joseph Allen Panas, 19, son of CDR and Mrs. Bruce Panas, was killed in a motor vehicle accident in the San Diego area on Oct. 11.

CDR Panas, formerly Chief of Food Management Service at Naval Regional Medical Center, Oakland, and his wife Bonnie, and family were active members of the Oak Knoll community during their tenure here. The deceased son was employed part-time at the Officers' Club on base here. After his father's transfer to NRMC San Diego, he attended college in Southern California and planned to enter the Navy early next year. He was reportedly enroute to class when the fatal accident occurred.

Friends and former shipmates who would like to express sympathy to the family may do so by writing to the residence, 10439 Gurnard Street, San Diego, CA 92124.

Contributions to Ascension Catholic Parish, 5335 La Cuenta Drive, San Diego, 92124, will be accepted in Joe's memory.

Chemist sought

Applications are being received by Civilian Personnel Service for a Chemist (GS-1320-9) in the Drug Screening Branch.

Those applying must be Career or Career Conditional employees. Nationwide consideration is given but relocation expenses will not be paid by this command.

Duties of this job include, among others, testing in support of the DoD Drug Abuse Prevention Program by performing a variety of qualitative and semi-quantitative analytical procedures to detect drug levels in urine specimens.

The requirements for the job are—a four-year degree or higher in one of the physical or life sciences, or engineering, which included 30 semester hours of chemistry, at least six semester hours of physics, and mathematics through differential and integral calculus.

Interested applicants should submit a complete and current SF-171, Supervisory Appraisal, and a Supplemental Experience Statement to the Naval Regional Medical Center, Civilian Personnel Service, 8750 Mountain Blvd., Oakland, Calif. 94627, or call Christine Lessler at (415) 639-2116.



'TEN-SHUN!—The Commanding Officer reviews one of the enlisted platoons at a recent command inspection.



OFFICER REVIEW—Captain H. James T. Sears inspects the officer ranks conformance with Navy uniform and grooming standards.

Kudos.....

NAVY COMMENDATION MEDAL

LCDR Michael J. Little, Medical Corps.

NAVY ACHIEVEMENT MEDAL

HM2 Margarita Rodriguez, Nursing Service.

MERITORIOUS SERVICE MEDALS

CAPT H. James T. Sears, Medical Corps.

CAPT James H. Black, Medical Corps.

LCDR Charles D. Hazelhurst, Medical Corps.

LETTERS OF COMMENDATION

DT3 Betty A. Williamson, Dental Service (Sailor of the Month).

LTJG Michael Curran, formerly of Outpatient Service.

GOOD CONDUCT AWARDS

HM2 Richard R. Hutchinson, Dermatology.

HM2 Paul R. Mervine, Nuclear Medicine.

HM2 Brian Pirie, Operating Room.

HM3 Timothy C. Cotton, O.R. School.

HM3 Tracey R. Wood, Lab Service.

DT2 Donald C. Burt, Dental Service.

HM1 Harold W. Rader, Security.

HM2 Edward J. Ewald, Eye Clinic.

HM1 Howard W. Jones, CIC.

HM2 James E. Leaf, Medical Repair.

HM2 Ruey M. Keller, Lab Service.

DT3 Mark E. Hicks, Dental Service.

DT2 Dale M. Graham, Dental Service.

IS2 Gary D. Buda, Patient Affairs.

HM2 William R. Bevington, Lab Service.

HM2 Gerald L. Miller, X-Ray.

HM2 Mark J. Woods, Medical Repair.

HM2 Thomas D. Johnston, NSNP.

HM2 Cynthia M. Thompson, Patient Affairs.

DT2 Richard Souza, Dental Service.

HM2 Gary W. O'Connor, Lab Service.

HM3 Jeffrey K. Schmidt, NSNP.

HM3 Perry J. Wein, Lab Service.



LOVING CARE—Nurse Corps Lieutenant Susan Kowalski lets us know that the Intensive Care Unit staff is all heart as she models a "deelie-bopper" with a couple of the love symbols sprouting from her head.

SRB--

(Continued from page 3)

have separation dates before Nov. 1 to extend enlistments up to one month to reenlist under the new rates.

SRB reenlistments remain limited to 30 days prior to EAOS, except as noted by the NAVOP.

All SRB calculations will be made using FY-1982 pay tables. SRB payments are limited to a 50 percent "lump sum" payment at the time of reenlistment, with the remainder paid in equal installments on the anniversaries of reenlistment.

Comings and Goings-------

"Fair winds and following seas" to the following personnel who have recently departed this command:

HM2 Thomas Sharp, released from active duty.

HM3 Anna Jane Runyon to Naval Medical Aerospace Center, Pensicola, Fla.

HM3 Darlene Perry to Naval Medical Aerospace Center, Pensicola, Fla.

HM1 Stephen Parcel to USS HECTOR (AR-7).

HM2 Elton Jones to First Marine Air Wing FMFPAC.

SM2 William Spears to USS NASHVILLE (LPD-13).

HM1 Cleda Houmes, released from active duty.

HN Raymond Fernandez to NRMC Camp Pendleton.

HM3 Stephen Bogner to Groton, Conn.

LT Frank Hartwick to Pensacola, Fla.

LT Doug Riehle to Naval Medical Aerospace Center, Pensacola, Fla.

HM3 Daniel Gapuz to USS DURHAM (LKA-114).

HR Michael Peters to USS KITTY HAWK.

HM3 Jackie Boatman, released from active duty.

EM1 Don Agneta, released from active duty.

HM3 Rosemary Nichols to Academy of Health Sciences, Fort Sam Houston, Tex.

HM2 Rory Dunaway to USS CONSTELLATION (CV-64).

HM3 Azer Baucom, released from active duty.

SN Diane Strohschein to NAVAIR-PAC Atsugi, Japan.

LTJG Michael Curran to Portsmouth, Va.

* * *

"Welcome aboard" to newly arrived:

HM1 Ovidio Piega, PMT School.

HR Erik Suttles, Nursing Service.

HA Jeffery Bangs, Nursing Service.

HA Thomas Colwell, Nursing Service.

HM2 Ray Siavaleriano, X-Ray School.

HM1 Danny Fleenel, Operating Management.

YNC Colin Hill, Drug Screening.

HN Ellen Vaughan, Emergency Room.

ENS John Fassett, Nursing Service.

HN Karen Dickson, Operating Room.

YN2 Frances Feinhandler, Drug Screening.

HM3 Edgar Abanathy, Operating Room.

LT Ansile Dickinson, Nursing Service.

ENS Mary McDonald, Nursing Service.

HM3 David Rusinak, BEQ 501.

HA Robert Noll, Nursing Service.

HM2 Steven McCann, CP Lab.

HN Mark Campbell, ENT

MM2 Alex Nafarrette, Operating Management.

HN Jerome Poblador, Surgery.

HM3 George Nowak, ENT Clinic.

LT Becky Simpkins, Nursing Service.

HN Gerald Moreno, ARS.

HN Jerry Guzman, X-Ray School.

HN Jessica Harris, Operating Room.

ENS Vincent Basile, Nursing Service.

Wilson back in Navy

HM2 Thomas Malcolm Wilson, a former member of this command, has reenlisted after being separated from the naval service.

He reenlisted at the Navy Recruiting District San Francisco on Sept. 9 and was transferred to RTC San Diego, Calif., for outfitting and further assignment.

Don't take 'sniffe on trip to Japan

Travelers to Japan cou unknowingly violate Japanese dr laws if they carry certain commerc brand inhalers.

An American citizen was detain by Japanese authorities on Okina recently because he was carrying wi him a Vicks inhaler, according to Kadena AB Staff Judge Advocat Vicks brand inhalers contain deso ephedrine, a drug outlawed by t Japanese government. Use of the pr duct in that country could lead prosecution by Japanese officials ev though charges were dropped in t Okinawa case.

Travelers to Japan and others wh may be changing duty stations a stopping in Japan, are advised to sure they do not carry nasal inhale containing desoxyephedrine into th country.

Although the Okinawa case involv a Vicks inhaler, other brands also co tain the prohibited substance.

Inhalers were withdrawn in Ju from Army and Air Force Exchan Service (AAFES) exchanges in Japa Other decongestants that do not co tain the banned drug are still stock by the exchanges.

Authorities noted that the unlaw inhalers could inadvertently be broug into Japan from bases in the U. S. other places where purchase of t inhaler is legal.

Spending a few seconds befo leaving for Japan to check purse pockets, carry-on baggage and lu gage for inhalers could avoid unfort nate encounters with Japanes authorities and facilitate entry to th country.

CHAMPUS change

The Undersecretary of Defense h informed the Navy that "Continuity Care" will not be accepted by CHA PUS fiscal intermediaries as a reas for issuing a non-availability statemen This policy became effective Oct. 1982.

CHAMPUS information is availab from the CHAMPUS Office located the second deck, Bldg. 500, off t rear lobby.

Command Line--

(Continued from page 4)

limited or totally unavailable. In this area there are stores at Alameda, Treasure Isla Mare Island, Stockton, Moffett Field, Hamilton, Travis, Oakland Army Base and t Presidio. The Alameda store is 11 miles away and serves the population residing NRMCO. Commissary store managers in this area are constantly trying to ma things more convenient for their patrons, while staying within the budgetary co straints under which we all must operate. As an example, the Alameda store n stays open until 7 p.m. two days a week and has installed automated check-o equipment to speed up the checkout process. You may rest assured that everythi possible is being done to accommodate the commissary store patron.



PY CONVERSATION—Captain Arthur Osborne (left), Commanding Officer, isure Island Naval Station, enjoys a laugh with Rear Admiral Leroy V. Issac- Commanding Officer, Region 20, Reserve Readiness Command.



IDEN ENTERTAINMENT—Navy Band, San Francisco, musicians enter- d Navy League party goers in the courtyard of the Oak Knoll Officers' Club.



BEST RESERVISTS—The Oakland Council of Navy League honored the outstanding reservists of the year from the maritime services in a dinner at the Oak Knoll Officers' Club on Oct. 14. Honorees (showing their gifts of gold watches) are, l to r: Yeoman Second Class Roman Becerra, USNR; Sergeant Ronnie N. Krites, USMCR, and Electrician's Mate Second Class Donald R. Harris, USCGR. Standing at right are Assistant Secretary of the Navy John Herrington and Rear Admiral Robert C. Elliott, NRMC Oakland Commanding Officer.



SOCIALIZING—Clockwise, Mrs. Arthur Osborne, Mrs. Kaune, James E. "Ed" Kaune (General Manager, Todd Shipyards) and Mrs. Jo Mockabee (National Director of the Navy League) enjoy each other's company at the reception preceding the awards dinner.

SN to the rescue of Scots in distress in three separate Edinburgh incidents

cottish-American relations were nced considerably during a port to Edinburgh, Scotland, by the folk-based aircraft carrier USS ERICA (CV 66), when seven members provided aid to citizens stress.

n the morning of Sept. 17, as they e returning to their hotel from a three officers of Fighter Squadron embarked in AMERICA noticed a an lying on the 18-inch ledge of a ge spanning a downtown railway on. As the group approached they zed that the woman, sobbing ntrollably, was about to jump from 30-foot bridge to the tracks below. ngaging her in conversation, the cers found she was despondent ut her boyfriend being away at sea. R "Wally" Guilford continued to edge closer until he could grasp the woman and prevent her from jumping over the edge. LT Bob Van Wert and LT Paul Miles meanwhile kept the gathering crowd away and awaited the arrival of police, summoned by a nearby taxi driver.

Edinburgh Chief Constable Sir John Orr, in a letter to AMERICA's Commanding Officer, CAPT Denis T. Schwaab, stated that LCDR Guilford had put his own life in jeopardy and his conduct reflected great credit on the U. S. Navy.

Later that day, ATAN David G. Carter, assigned to ocean-based Fighter Squadron 33, was enjoying his liberty when he heard a woman cry for help. The 72-year-old woman told Carter that a man had snatched her purse and pointed the man out. Carter pursued the man for two-and-one-half blocks before overtaking him. Carter then tackled the man and brought him under control. The woman identified her assailant at a local police station, where he was arrested.

The third incident, also on Sept. 17, occurred as three petty officers with Helicopter Antisubmarine Warfare Squadron 11 in AMERICA, were sightseeing in Edinburgh.

AD1 Ronald J. Berry, AD1 Paul L. Cleveland and AD2 John W. Kozemcsak were touring the city when they saw a woman collapse on the street. The sailors quickly ran to the woman, checked for a pulse and found none. Working together, the trio administered cardiopulmonary resuscitation (CPR). After several minutes, the woman resumed breathing normally. At approximately the same time, the police and an ambulance arrived and rushed the woman to a hospital.

According to reports received by AMERICA from Royal Navy Headquarters, the woman had suffered a heart attack and the men's action "saved her life." The Royal Navy report commended the men for their quick response.

BIRTHS



he following additions to the medi- "family" have arrived at Oak Knoll:

baby girl to Hospital Corpsman rd Class Manuel E. Naguit, Phar- cy Service, and his wife Linda, Oct.

A baby boy to Hospital Corpsman rd Class Jose S. Gaerlan, USS RAL SEA (CV43), and his wife geles, Oct. 12.

Psychiatry to offer group treatments

In a continuing effort to be more responsive to the needs of this hospital and the military community it serves, the Psychiatry Outpatient Clinic is beginning group treatment programs for weight-reduction, smoking cessation, and stress reduction. One group in each problem area is scheduled to begin the first week of November. Additional groups may be started later depending on demand, staff availability and how successful the first groups are. Space is presently available in all groups. If it becomes limited in the future, however, priority for treatment will be given to active duty personnel and to eligible beneficiaries with medical problems requiring changes in behavior or lifestyle.

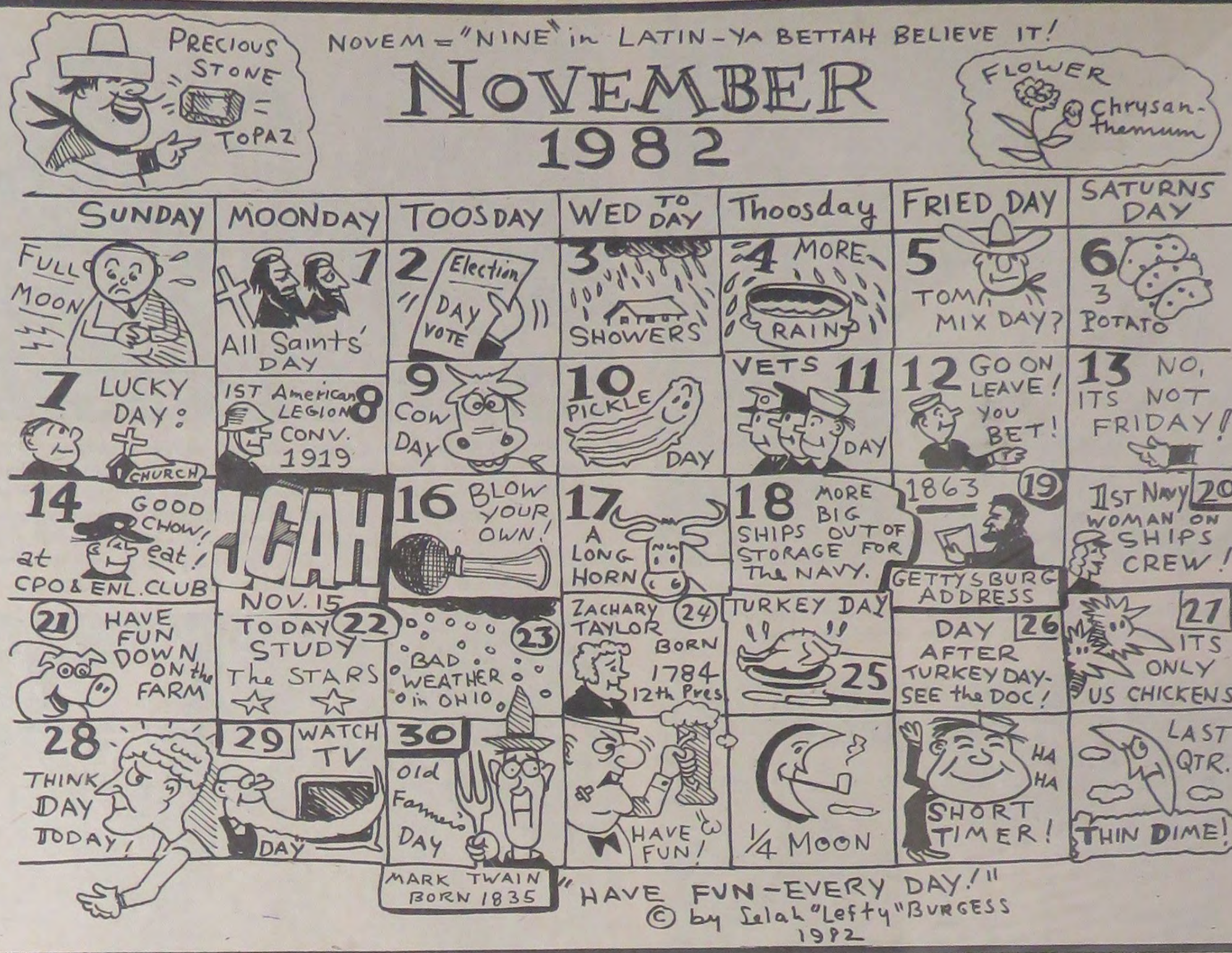
Present plans are for each group to meet once weekly for 1 to 1½ hour sessions depending on the problem area. The focus in all groups will be on making desired changes. Participants will be given educational background information, numerous suggestions for behavior change, and assistance in exploring and overcoming obstacles to success. Suggestions and emotional support from other group members are expected to contribute significantly to success.

The weight-reduction group is a collaborative effort between Outpatient Psychiatry and the Dietician, LT Faythe Weber, and is available as a support group for active duty personnel on required weight control programs. Each session will be preceded by the weekly weigh-in. New members will be accepted into the weight-reduction group at any time, space permitting, while the stop-smoking group will accept new members only at the first meeting of each month.

Outpatient Psychiatry continues to offer Coping Skills groups and a marital growth group. The goal of these groups is to deal effectively with developing personal, work, or marital problems before they cause serious personal or professional damage.

Outpatient Psychiatry welcomes suggestions or inquiries concerning other possible services. A brief assertiveness training program may be started soon in response to such expressions of interest. Other possibilities include support groups for particularly stressed groups of staff members, patients, or their families, and in-service training presentations by psychiatry staff.

To obtain further information on any current services or to make suggestions for additional services please call Ext. 2187 or 2387.



Additional bus for Reno trip

The Special Services-sponsored trip to the Reno/MGM Grand on Nov. 19-21 now has plenty of space since an additional bus has been added. If you're interested in going, contact Sally at Special Services no later than Monday, Nov. 1, at 639-2479.

The buses will leave Oak Knoll on Friday, Nov. 19 about 4:15 p.m. and return on Sunday evening at 6 p.m. The package includes accommodations at the MGM Grand Hotel, a ticket to "Hello, Hollywood, Hello," two drinks at the show, a trip to downtown Reno, and casino bonuses.

Special Services offers discounts

With the purchase of one ticket from Special Services to Marriott's Great America, you may receive one free admission to the park's special "Halloween Fright Night," good Oct. 29, 30 or 31.

The amusement park, offering many attractions, is located in Santa Clara.

...

Also available from Sally Young in Special Services (Bldg. 38 upstairs) are San Francisco Bay Area Military/DoD Civilian Employee Discount Coupon Books for $3.50 each.

The books feature 54 pages of bargains.

NRMCO second in cross-country

Naval Regional Medical Center Oakland's cross-country team placed second to Mare Island in the recent Central Pacific Regional championships.

Manuel Hernandez lead the finishers from the command and was third overall, while Susan Colligan was the first woman finisher.

Other runners from the command were Osborne Watkins, Vito Almaraz, Gary Smith, Casey Bartor, Joe Grant and Tom Dresser.

$800 for $10

Two-for-one gift certificate coupons worth up to $800 may be purchased from USO for only $10. Of this $10—$3.33 goes to the USO and $3.34 goes to Save the Cable Car Fund. So besides the fun, you are also making a worthy contribution.

The coupons for restaurants, entertainment, and sightseeing are to great places like Yet Wha, Hog Heaven, Benihana's, Bill's Place, Great Electric, McDonald's, Wienerschnitzel, the ballet, Morrison Planetarium, Wax Museum, S. F. Zoo, and rides on and over the bay. There are 79 coupons in all.

This offer is good thru Jan. 1, 1983 and the coupons expire Sept. 30, 1983. Order as many as you like by sending a $10 check for each one to Bay Area USO, Naval Station, T. I., San Francisco, CA 94130, or stop by at the USO in San Francisco at 1107 Mission or the Oakland or S. F. Airports.

Bargain passport to Disneyland park

A Passport to Disneyland for $9 per person is being offered to all military personnel, their families and friends, Nov. 3-Feb. 27 (excluding Dec. 25 and Jan 1). This price includes admission and unlimited use of attractions (except shooting galleries).

Many of the attractions will be closed during the Military Salute as in most winter seasons. It is the time of the year that Disneyland refurbishes and repairs. So for specific information about attractions and their status call (714) 999-4565 or (213) 626-8605, Ext. 4565.

To purchase tickets, see Sally at Special Services.

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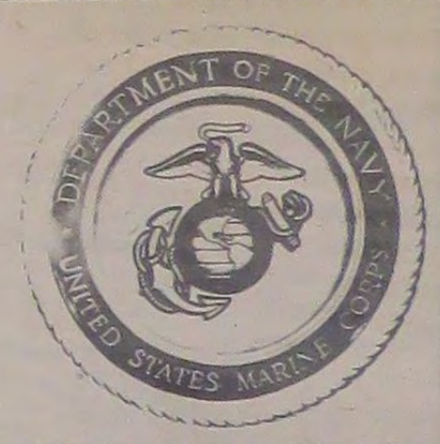
Variety talent contest soon

Local Thespians, here is your chance! Put on your tap shoes, tune those instruments, practice those high notes, paint your faces and masks, and start sewing your wardrobes because November 16 could be your day.

The Central Pacific Regional Talent Contest will be held that date on Treasure Island at the Base Theater, Bldg. 401. All active duty personnel of the Navy, Marine Corps, and Coast Guard, as well as other branches of the service with personnel assigned to Naval Commands within the Central Pacific Region, may participate.

Acts may include drama, singing, dancing, music, comedy, interpretations, and whatever. An act may consist of individuals or groups of up to five people. The performance must not exceed six minutes and the Navy Band San Francisco Combo will provi musical accompaniment if required.

For more information and ent applications call DTCS Joe Brown Ext. 2255, before November 1.



Marine Corps Birthday
November 10, 1982

★ ★ ★ MOVIES ★ ★ ★

Friday, Oct. 29, 6:30 p.m.—FRIDAY THE 13TH, PART 2—Amy Steel, J Furey—Horror/R/87

Saturday, Oct. 30, 1 p.m.—THE LITTLE MERMAID—Animated—Fantasy/G

Saturday, Oct. 30, 6:30 p.m.—CAVEMAN—Ringo Star, Barbara Bach—C edy/PG

Sunday, Oct. 31, 6:30 p.m.—TOUCHED BY LOVE—Diane Lane, Mich Learned—Drama/PG

Monday, Nov. 1, 6:30 p.m.—WINDWALKER—Trevor Howard, Nick Ramu Action/PG

Tuesday, Nov. 2, 6:30 p.m.—DEAD MEN DON'T WEAR PLAID—Steve Mar Rachel Ward—Comedy/PG

Wednesday, Nov. 3, 6:30 p.m.—UP RIVER—Morgan Stevens, Jeff Core Drama/R

Thursday, Nov. 4, 6:30 p.m.—INTIMATE MOMENTS—Dirke Altevogt, A andra Stewart—Drama/R

Friday, Nov. 5, 6:30 p.m.—PIPPIN—Ben Vereen, William Katt—Musical Fant PG

Saturday, Nov. 6, 1 p.m.—JOURNEY TO THE CENTER OF THE EARTH— mated/G

Saturday, Nov. 6, 6:30 p.m.—ROAD GAMES—Stacy Keach, Jamie Lee Curti Suspense/PG

Sunday, Nov. 7, 6:30 p.m.—THE LITTLE DRAGONS—Charles Lane, Southern—Comedy-Suspense Thriller/PG

Monday, Nov. 8, 6:30 p.m.—THE PILOT—Cliff Robertson, Diane Bak Drama/PG

Tuesday, Nov. 9, 6:30 p.m.—THE THING—Kurt Russell, A. Wilford Brimle Horror/R

Wednesday, Nov. 10, 6:30 p.m.—FORBIDDEN WORLD—Jesse Vint, Da Dunlap—Horror/R

Thursday, Nov. 11, 6:30 p.m.—DEATHTRAP—Michael Caine, Dyan Canno Mystery-Comedy/PG

THE OAK LEAF

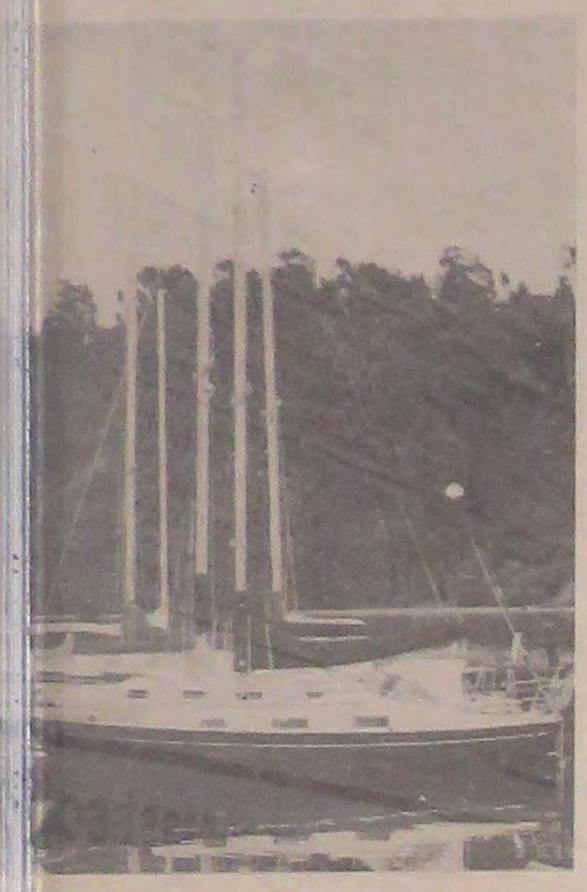
Naval Regional Medical Center, Oakland, California

Volume 44, No. 21

Friday, November 12, 1982

Caldwell returns

'Home is the sailor, home from the sea'



THE 'ARUANA'—LCDR Craig Caldwell's 31-foot sloop "Aruana" weathered the nine-day journey up coast without difficulty.

Medical Service Corps Lieutenant Commander Craig R. Caldwell has returned to the Oakland medical region after a three-year absence and has been assigned to the Drug Screening Laboratory as its administrative officer. But that's only half the story...

The other half is the unconventional way he traveled from his former duty as the Force Medical Administrative Officer for COMNAVAIRPAC in San Diego to his new assignment in the San Francisco Bay Area. In appropriate Navy fashion, he sailed... in his own boat... with a crew of two other MSC officers from this command... over a nine-day period, stopping to fish occasionally and pulling into shore four times. The trio enjoyed beautiful sunsets and following seas most of the time, but ran into some tricky winds and choppy waters off Pt. Conception while enroute aboard Caldwell's 31-foot sloop, "Aruana."

Caldwell, Commander Jack Bartlett and Lieutenant Ken Hutton (both of Lemoore Naval Hospital) completed the journey from San Diego to Treasure Island with stops along the way at Catalina Island, the Channel Islands Harbor, Anacapa Island, and Morro Bay. They made some outstanding catches of Bonita (a type of tuna), and observed killer whales, porpoises and seals at play over the route up the coast. "It was beautiful," remarked LCDR Caldwell, as he produced an assortment of color photographs supporting this statement.

When he was attached to this medical region from 1976 to 1979, he was Officer in Charge of our branch clinic at Naval Weapons Station, Concord. After he left Concord he served for a period of about one year as an A School officer of the Naval School of Health Sciences, transferring to COMNAVAIRPAC staff in July 1980.



REACHING HOMEPORT—"Skipper" Caldwell (at helm), flanked by crewmembers Ken Hutton (left) and Jack Bartlett, arrive near their final destination of Treasure Island with "Old Glory" and the Bay Bridge seeming to wave them on.

JCAH visit postponed

The anticipated Joint Commission for Accreditation of Hospitals (JCAH) visit, previously scheduled for Nov. 15, has been postponed, it has been announced.

According to Captain H. James T. Sears, Director of Clinical Services, the visit may now be expected shortly after the first of the year.

Both Rear Admiral Robert C. Elliott, Commanding Officer, and Captain Sears urge that staff members keep up the momentum in full compliance with quality assurance standards in both direct patient care and record keeping.



Turkey, pumpkin pie and football games usually occupy our thoughts on the traditional American Thanksgiving Day holiday. The feasts, family gatherings and entertainment are much fun. However, we sometimes neglect to give the true meaning of the holiday much serious thought. Let us all take just a few moments to recognize our day-to-day blessings.

As I personally prepare to spend my first Thanksgiving Day in California, I give thanks, as I have in the past, for the gifts of a wonderful family, fine friends and good health. This year I have reason to give special thanks... and that is for the privilege of being Commanding Officer of this medical region and its approximately 2,100 staff members. You are the most dedicated and professionally competent group of people with whom I have worked. We have made much progress in a number of areas over the past four months, and I feel that you truly share with me the desire to make NRMC Oakland the most outstanding medical region in the United States Navy.

I offer my heartfelt thanks for your support and wish you and your loved ones a most enjoyable Thanksgiving Day with an added bounty of good health, happiness and prosperity.

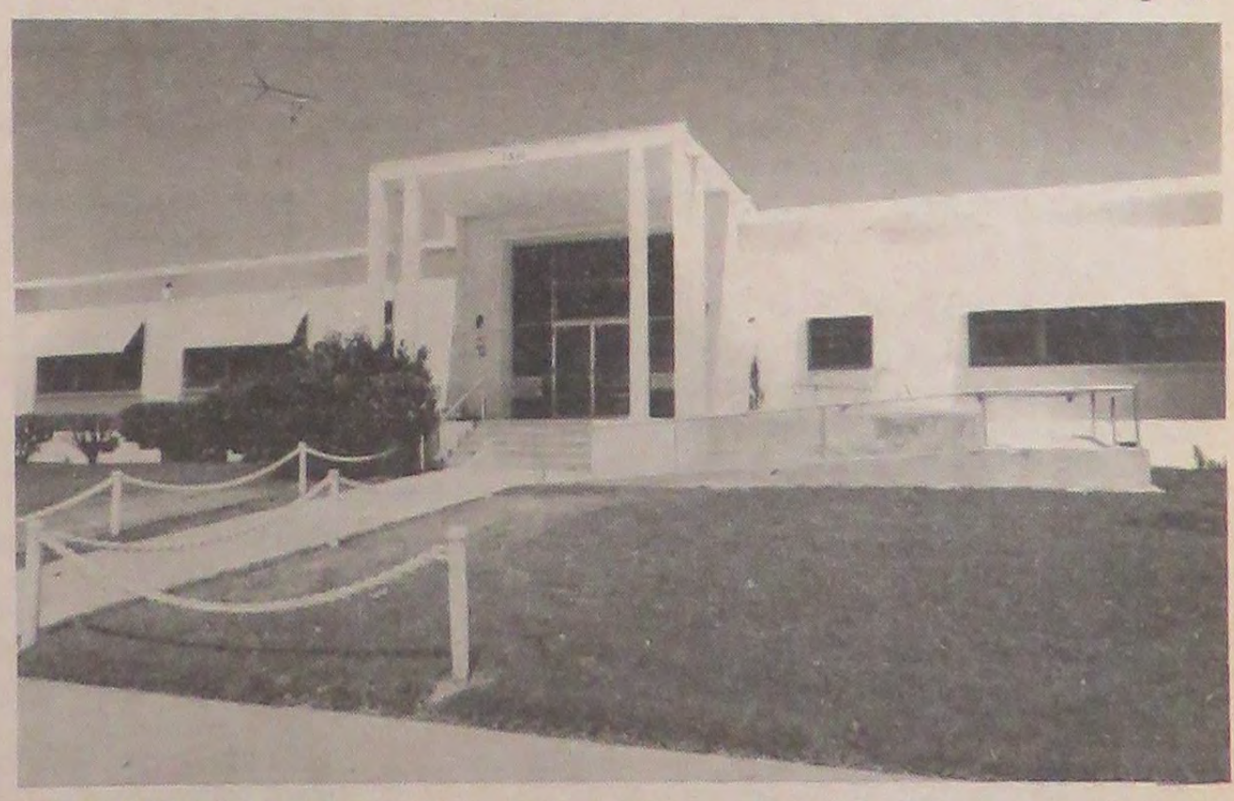
R.C. ELLIOTT
Rear Admiral, Medical Corps, U.S. Navy
Commanding Officer

Patience requested with construction projects scheduled to begin here soon

Seven construction contracts have recently been awarded by Western Division, Naval Facilities Engineering Command to accomplish various repairs at Naval Regional Medical Center, Oakland. Projects are:

- Repairs to UEPH, Building 69, awarded to W.B. Coast, Inc. of Pleasanton for $77,997. This project will provide improved lighting, a new suspended ceiling, and new carpeting in this building.
- Implement Traffic Engineering Study and Road Repairs, Phase I, was awarded to Sarott Construction Company of Pleasant Hill for $141,000. This project will repair and repave some roads on the base and will restripe roads and install traffic signs at numerous locations.
- Parking Lot Repairs and Erosion Control and Sidewalk Repairs awarded to Bay Cities Paving and Grading, Inc., of Richmond, for $124,027. This project will repair and repave selected parking lots and will repair the sidewalk and provide erosion control adjacent to Building 501.
- Repairs to UEPH, Building 73, awarded to Eagle Electric Co., San Jose for $179,288. This project will renovate areas in Wings A and B to provide additional UEPH berthing space.
- TRIMIS Computer Installation, Phase 2, was awarded to E.C.&S. Corporation of Isleton for $112,153. This

(Continued to Page 3)



FEATURED—The branch clinic at Naval Weapons Station, Concord is featured on Page 4 of this issue as part of our continuing series on NRMC Oakland's outlying facilities.

Editorial---

Our patients write. . .

. . .I would be most ungrateful if I did not acknowledge the kindness and help that was given to me and my children by the hospital while my husband was a patient there.

There is no doubt in my mind that every effort was made to provide the best medical care for him. I also know that every effort was made to help us, his family, to accept what we knew was going to be. The hospital offered all they had. . . the nurses gave us comfort and strength that we needed so very much, and which we gratefully accepted.

Somehow, thank you doesn't seem to be enough to say at a time like this, but I want you to know it is with deep gratitude and appreciation that I do thank everyone who helped us through a very difficult time.

HARRIET M. NEWMAN
Galt

• • •

I thank you and your ENT staff, particularly Doctors George Grasel and John Taylor, for their exceptional concern and superior healing service provided me. . .

Unfortunately, I have been plagued with a recurring problem which even went so far as to necessitate unscheduled visitation to your facility for treatment. In all cases, the coordination and interface between your staff, our flight surgeon and myself have been exceptionally smooth, efficient and professional. Despite the awesome, heavy patient load in your ENT Clinic, those two doctors were spring-loaded to assist me even at the expense of their own personal needs. Throughout my leadership experience, I've found that sense of dedication to be the exception rather than the rule, and certainly deserving of recognition.

I personally chatted with Captain Sears and expressed my gratitude; however, I feel it's even more fitting to communicate my observations and gratitude to you directly. Of course, John Taylor had done most of the work on me since inception of the originating problem in 1980. His concern and professional care last Thursday were just as genuine, efficient and thorough as they were back then.

Again, I thank you and your staff for their attentiveness, dedication and, most especially, for being there when needed and trying to help at all costs. They are truly professional.

ROBERT H. ZANNINI
Colonel, USAF
Castle Air Force Base

• • •

Last week I was admitted to the hospital for. . . surgery, and I'd like to thank all of you for the excellent care I received. Dr. Cave, Dr. Frisby, the nurses and corpsmen did everything to make me comfortable, and I am deeply grateful to them. Thank you all and God bless.

JUNE SHANLE
Fresno

• • •

Thank you and your staff, especially LCDR Lynn O'Neal, MC, USN, of the Ophthalmology staff for improving my vision and for the effective glaucoma controls.

CHARLES P. WOODSON
Captain, USN, Ret.
El Cerrito

• • •

On Sept. 8, 1982 I entered Oak Knoll Hospital. . . Dr. Ellison was my doctor. What a "jewel" he is! So very professional! He explained the technique he would use, down to the tiniest detail. . . told me what to expect before, during and after the surgery.

I have been a very healthy person all my life, so I have to admit before our conversation, I was very apprehensive—but his calm, efficient manner allayed my fears. I am certainly impressed with the fine, capable doctor he proved to be.

Then when I went to Ward 7 North I have never met a nicer, more efficient, "on the ball" group of young people. I wish I could name them all individually, but a blanket coverage will do, for there wasn't a single one that wasn't on their toes continually, from the nurses at the desk to the nice young. . . man who made the beds, to the attendant who mopped the floor. We in the room agreed they were all specially trained in being extra pleasant, as they were in the ward so frequently, always in the best of humor. They even made the 5 a.m. call easy to take with their cheerful "good morning."

I have had friends at. . . (three civilian hospitals). . . who have bitterly complained about lack of friendliness, so I wanted you to know the fine attention we four in Room 75N received.

I might add my husband heartily concurs with my sentiments, and he is a retired (27 years) lieutenant of the Medical Service Corps.

MARTHA BOONE
San Leandro

• • •

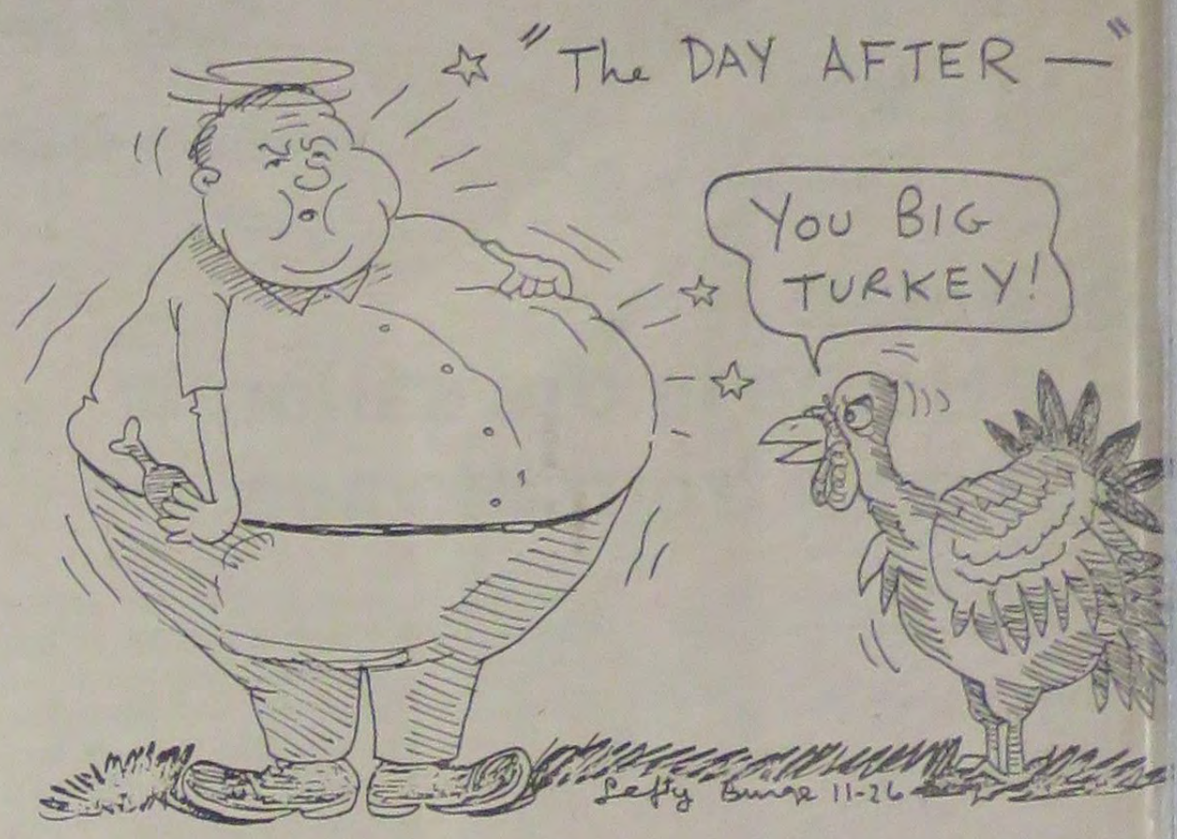
I was injured while serving in the Air Force and as a result spent a great deal of time in different military and Veterans Administration hospitals. I have received excellent care and some not so excellent in the different facilities.

. . .From the time I arrived at the (NRMCO) emergency room until I left, I was afforded the most professional, courteous service I have ever received in any hospital. I came away with a really good feeling about your facility, and would not hesitate to drive the extra distance from my home in Vallejo to receive future medical service. . .

I would like to thank the following individuals for being tops in their professions: Doctors Ford, Dyson and Pacious and Enlisted Personnel Butler and Bertrand.

STEPHEN J. BRANCH
USAF, retired

(More letters, Page 11)



'Billy Ball'

"That's all, ya'll. Why's everybody always pickin on me?
Billy Ball, Billy Ball, have fun ya'll.
You just wait and see,
it'll never be the same—not without me."

Billy Ball, Billy Ball, oh what a great hurt
not to see him kick up the dirt!
What a shame to attend an A's game and to let out
a shout to an empty dugout.

That's all, ya'll, for Billy Ball.
It'll be a sight on a hot summer night
at the Oakland Coliseum not to be able to see—
"Oh why's everybody always pickin on me?"

Oh Billy Ball, Billy Ball, we love you all. . .
it just won't be the same you see, not for you or me.
Billy Ball, Billy Ball, why'd you go away? Why couldn't you stay?
We love you so. . . wherever you go.

--Dottie Bau

Oak Leaf to take holiday

The final edition of *Oak Leaf* for calendar year 1982 will be published on Dec 24, 1982, with copy deadline of Dec. 13 (two days ahead of normal deadline).

The Jan. 7 edition is being suspended to allow the editor her first vacation i more than a year.

First issue of 1983 will be on Jan. 28 (copy deadline Jan. 19). Normal biweekl publication will then resume.

Treating the patient with respect

They may all look the same when they're wearing government-issue pajamas, h it pays for us to keep in mind that all military patients, active or retired, like to called by rate or rank.

And so they should. Most of them, regardless of branch of service, have work long and diligently to achieve a certain grade. Several have been decorated for br ery and may even have been wounded sometime in the past.

When we make a courteous gesture of addressing them as "Senior Chief Smit "Colonel Andrews," "Sergeant Jones," or "Commander Carlson," we raise our o professional stature. It's a matter of mutual respect, and it goes a long way tow enhancing the image of this medical center and the class of its staff.

NAVAL REGIONAL MEDICAL CENTER
OAKLAND, CALIFORNIA

RADM R. C. Elliott, MC, USN
Commanding Officer

CAPT H. James T. Sears, MC, USN, Director of Clinical Services

CDR C.R. Loar, MSC, USN
Administrative Services

Editor: Betty Beck

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HM2 Larry Marchionda

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Opinions contained herein are not official expressions of the Department of the Navy. THE OAK LEAF receives American Forces Press Service and Navy News material.

Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.

PMT School to graduate 27

Graduation ceremonies for Class No. 9, Preventive Medicine Technician chool, will be held in the Clinical ssembly on Wednesday, Nov. 24 at 9 m.

The 27 graduates have completed 6 weeks of study which consisted of combination of on-the-job training nd class and field work. Four weeks e spent in the Disease Vector Ecology d Control Center at NAS Alameda.

Those completing the course and eir new duty stations are: HM2 rturo G. Banaag, 3rd FSSG, Okinawa, apan; HM2 Jon G. Bangs, NRMC amp Lejeune, N.C.; HM2 Scott D. owden, Branch Clinic Sasebo, Japan; M1 Paul W. Conlin, NNMC Bethesda, d.; HM3 Michael Duran, NRMC Subic . Philippines; HM1 Nestor M. Feliano, USS NEW ORLEANS; HM2 Blaise A. Fossum, 3rd FSSG, Okinawa, Japan; HM1 Robert A. Gurney, NAS Glenview, Ill., HM3 Paul Jackson, NRMC Camp Pendleton; HM3 David C. Killingsworth, NRMC Subic Bay; HM3 Mitchell L. McNair, USS KITTY HAWK; HM3 Terrell M. Perkins, Branch Clinic, Balston Spa, Scotia, N.Y.; HM3 Thomas J. Petrilak, Naval Hospital Quantico, Va.; HM2 Aurellio B. Picart, 3rd Marine Division, Atsugi, Japan; HM3 Anthony W. Pridemore, NARMC, Pensacola, Fla., and HM3 Garth A. Renaud, NNMC, Bethesda, Md.

Also, HM1 Michael W. Roach, 1st FSSG Camp Pendleton; HM3 Deborah L. Schafer, NRMC Long Beach, Calif.; HM1 Jon D. Schnoor, Kodiak, Alaska; HM2 Mark C. Sejeck, USS L.Y. SPEARS; HM2 Joseph F. Sheltry, Branch Clinic Widbey Island, Wash.; HM2 Daniel L. Shulla, 2nd Marine Division, Camp Lejeune, N.C.; HM3 Pamela Z. Smith-Cronkhite, NRMC Camp Pendleton; HM3 Lee C. Tandus, NRMC Beaufort, S.C.; HM3 Julie Ullrich, NRMC Orlando, Fla.; HM2 Lowell F. Van Etten, NRMC Great Lakes, and HM3 Vicki J. Zeller, NRMC Long Beach.

nterns visit San Diego ommands

Thirty-four medical interns from this mmand visited the San Diego area t. 25-29 as part of the BUMED-onsored Operational Medicine Intern ientation Visit for 1982.

They flew out of NAS Alameda on t. 25, toured the USS CONSTELLA-ON (CV-64) the following day, visited uadrons, static displays and aviation ysiology training units at NAS ramar on Oct. 27, and submarine d diving facilities in San Diego on t. 28.

They returned to Oakland on Oct. 0.

eneral visits

Marine Corps Brigadier General onald Humphrey, Director of the uncil of Naval Personnel Boards, ited NRMC Oakland on Oct. 25.

He spent part of his visit conferring ith Lieutenant Commander Roy rkley regarding patient affairs.

Urology seminar here tomorrow

A Bay Area Urology Residents' Seminar will be held all day tomorrow in the Clinical Assembly at this medical center.

Some 48 to 54 representatives of this command, University of California Davis, University of California San Francisco, Stanford University, and Letterman Army Medical Center are expected to attend.

Papers will be presented on laboratory research and clinical investigation case reports and a prize awarded.

The seminar has been held annually for the past nine years to afford urology residents an opportunity to present papers and answer questions from colleagues.



FIRST OF THE SEASON—The first Christmas tree of the 1982 season was a live one with a huge star, red bow, popcorn garlands, tinsel, and sparkling eyes to match the ornaments. The "tree" was Andrea Ford of the Credit Union, all dressed up for Halloween. For other photos, see Page 7.

Construction-- (Continued from Page 1)

project will provide electrical power and air conditioning for the Tri-Service Medical Information System phase supporting Radiology, patient appointment, and uniform chart of accounts functions.

- Upgrade Power ICU/CCU was awarded to Faires Electric, Incorporated of Hawthorne, Nevada, for $24,483. This project will provide additional power circuits in the ICU and CCU areas.
- Interior Painting, Building 500, was awarded to Elias Pamfilis Painting of Daly City for $127,000. This project will paint most areas on floors one through five.

During these construction efforts there will be varying degrees of disruption of normal operations in many areas of the hospital and base. All personnel are requested to be patient with any such inconvenience in order that the repairs may be accomplished as rapidly as possible while minimizing any adverse impacts to normal operations or patient care.

Command Line

(This column permits direct access to command executives by either military or ilian staff members of any grade, rate or rank. Questions on matters impacting e medical center operations as a whole, reports of incidents of abuse or fraud, or ms of concern to large numbers of the staff are invited. Please also submit recommendations and report positive information of interest to all of us. Submit comments in any legible written form to the Public Affairs Office for routing. You may remain unidentified if you so wish.)

limbing the chain

OMMENT: If a person is not satisfied with one's own supervisor in terms of fectiveness, may one ever defer to a higher authority in the chain of command? Serious problems presented to the supervisor, both in writing and orally, e met with indifference or simply not acted upon. If it is not possible to circmvent the chain of command, what other possibilities are open?

PLY: NRMC Oakland Instruction 12771.1A, "Administrative grievance; procdures for," provides that an employee may present matters of concern or dissatisfaction to Chiefs of Service and equivalent officials if the employee cannot btain resolution informally with the immediate supervisor. Where the Chief of Serce or equivalent official is personally involved in the events leading to the mployee's concern or dissatisfaction, the matter may be referred to the Director of dministrative Services or the Director of Clinical Services, as appropriate. This is ot considered circumventing, but rather, following the chain of command.

eserved parking

OMMENT: May civilian employees use the reserved parking areas near Bldg. 00 when we work overtime or on weekends?

EPLY: This is permissible in nearly all of the parking lots. NRMC Oakland Instruction 5560.2D dated June 22, 1982 covers this issue in detail and it is recommended at all personnel familiarize themselves with the policy. One word of caution—**pay articular attention to the hours** when these lots are open to general staff parking. legal parking carries a $25 fine.)

Two lots near the hospital are reserved 24 hours a day, seven days a week. They re: Parking Lot No. 3, reserved exclusively (all five levels) for use of outpatients and isitors, and Parking Lot No. 5, a small area reserved for Chiefs of Service.

For your information and convenience, the instruction covering traffic and parking egulations will be posted on the bulletin board at the *Oak Leaf* office for a period of 0 days.

Why no automatic teller?

COMMENT: Why doesn't the Credit Union have an automatic teller?

REPLY: The Credit Union will install an automatic 24-hour teller, available for use by Feb. 1, 1983. Exact details of its operation will be available in early January.

Union update

COMMENT: What is the current status of the proposed "white collar" union at NRMC Oakland?

REPLY: The command announces that it has reached a new agreement with the American Federal of Government Employees (AFGE) extending its organizing drive throughout the medical region (with the exception of Lemoore Naval Hospital) from Nov. 1, for a period of 45 days. The agreement permits the AFGE organizing representative to contact employees during lunch and break periods between the hours of 6 a.m. to 6 p.m., Monday thru Friday. (Contact may also be made with night shift employees during their lunch and break periods.) Other stipulations are that prior arrangements must be made with the officers in charge of branch clinics before entering those facilities; that AFGE will use only certain designated bulletin boards for promotion of union materials; that organizing efforts will be restricted to GS employees (other than firefighters), and that AFGE representatives will not knowingly permit any employees represented by another union to attend any AFGE organization meeting.

All civilian GS employees who are interested in joining AFGE are free to do so. Conversely, those who don't care to join are under absolutely no pressure or obligation to do so. It is strictly a matter of individual choice.

Our branch activities

NWS Concord—where fox, elk, deer play



HM2 Ramon Yee dispenses medications in the branch clinic pharmacy.

The Naval Regional Medical Center's Branch Clinic at Naval Weapons Station Concord is an active primary care/ industrial health clinic providing health care and emergency ambulance service to 300 Marines, 180 Navy and 30 Coast Guard active duty personnel, seven ammunition ships homeported in Concord, and primary care to 5,000 other military beneficiaries. It also provides industrial health service to more than 1,100 civilian employees of the station.



Mrs. Arlene Schaefer doubles as both an optometry and audiology technician.

Although relatively small, the clinic offers full outpatient services, and in a usual month, statistics show about 1,500 outpatient visits, 2,800 prescriptions filled, and 4,000 lab tests.

It is currently staffed with one each, Navy and civilian physician, two physician's assistants, one registered nurse, one licensed vocational nurse, seven ancillary civilians and nine military personnel.

NWS Concord is the largest and most important military facility on the West Coast for trans-shipment of ammunition and other hazardous cargo. It also provides material and technical support for ammunition, weapons and weapons systems and is the homeport and logistic support agency for Pacific Fleet auxiliary ammunition ships used for replenishment of naval ships at sea.

Located in Contra Costa County about 35 miles northeast of San Francisco, the weapons station covers 12,000 acres. It is also a designated wild life preserve where deer, Tule elk, golden eagles, quail, pheasants, fo and other birds and animals unmolested by man.



Health technician James Worr gives Jennifer O'Neal, receptioni a ride up the ramp in a wheelchai



HM2 Ernest Marks positions patient for chest X-ray.

UCSF sponsors free community health talks

The UC-San Francisco Office of Public Service Programs and the Committee for Arts and Lectures will present a series of free evening health sciences lectures for the general public beginning in November.

The first lecture, **"Horrible Herpes: Why Nothing Works,"** will be presented by Marcus A. Conant, MD, UCSF associate clinical professor of Dermatology, on Wednesday, Nov. 17, 7:30 to 9:00 pm, in Toland Hall in the University of California Hospital Building, 533 Parnassus Avenue, San Francisco. The lecture will review herpes, the physiological effects of the baffling infection, the latest treatment therapies and hopes for new approaches in the future.

The second lecture in the series, **"Attaining Sexual Fulfillment,"** will be presented on Wednesday, Dec. 1 by Evalyn S. Gendel, MD, director of the UCSF Human Sexuality Program, and Emmett J. Bonner, PhD, a San Francisco medical sociologist. The talk, from 7:30 to 9:00 pm in Toland Hall, will focus on prevention and treatment of sexual problems common to women and men, as individuals and as couples, and emphasize counseling and therapy techniques.

At both free lectures, there will be ample time for questions and discussion. Refreshments will be served. Those attending the lectures may park for free in the Millberry Union Garage.

Last year the lecture series was initiated as a pilot program, however, it is now being continued because of strong public interest, according to Vida Labrie, Senior Planner in the Office of Public Service Programs. The series, geared to a lay audience, was designed to help fulfill UCSF's role in the community as a resource for current health information, and specific information about UCSF's teaching, research and health care programs, Labrie said. Planning has already begun for a series of talks in January and February.

For more information on the lecture series, call 666-3206.

Group to examine uniform allowance

The Assistant Secretary of Defense (MRA&L) has directed that the Navy take the lead in establishing a joint service study group to examine uniform allowances.

The study group will examine the present system, identify shortcomings, and recommend remedial action to the Secretary of Defense.

Officer uniform allowances, as well as the enlisted clothing maintenance allowance, will be reviewed.

Retired pay tax breaks voted in NY and Colo.

Colorado and New York have passed laws allowing military retirees state income tax exemptions of up to $20,000 on military retired pay. The exemptions are effective for this tax year in both states.

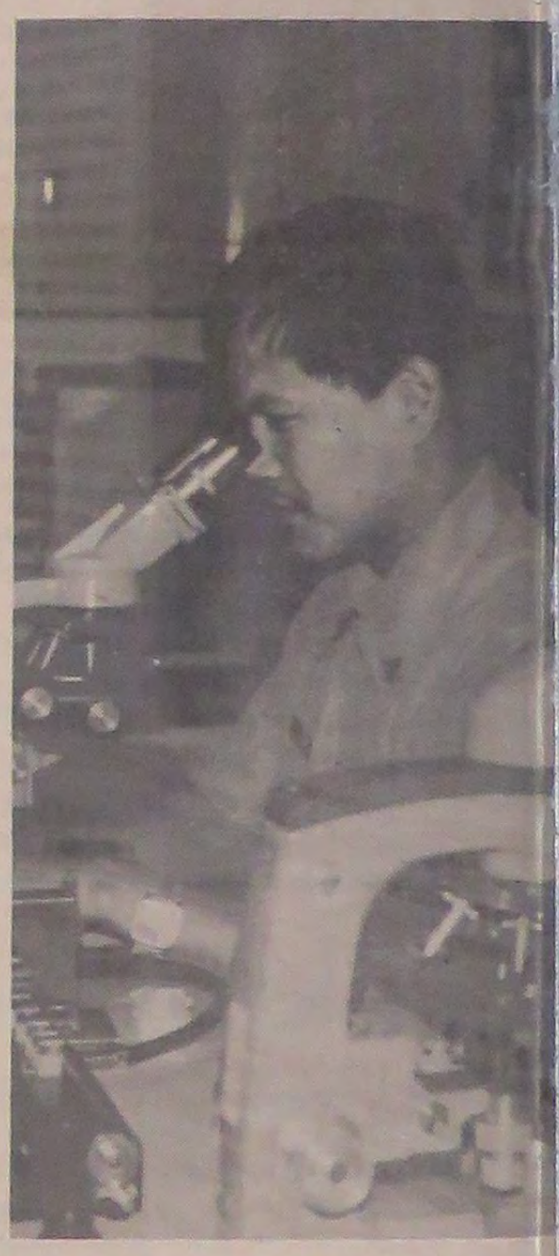
The New York law allows military retirees who are 59-and-one-half years old or older to collect up to $20,000 dollars in tax-free retired military income. The bill was passed last year, but did not become effective until 1982.

The Colorado law was passed in 1975 but amended earlier this year to allow retirees in the state who are 55 years old or older to claim up to $20,000 dollars in tax-free military retired pay. The previous limit was $15,000. Colorado retirees under a certain age can also exempt $2,000 from state income taxes.

Residents of either state should contact state revenue officials for further information.



"He's doing a staff study."



HM3 Teofilo Geron examines a slid through a microscope.

Soviets featured

The October issue of *Proceedings* magazine features a special 176-pages on the Soviet Navy. It covers the latest Soviet advances: their missions and tactics, command and control, surface forces, mine warfare capability, and much more.

Single copies of this issue are available for $3, including postage and handling. Write to the Membership Services Department, U. S. Navy Institute, Annapolis, Md. 21402, or call (301) 268-6110.

NRMI celebrates 40th

The Naval Medical Research Institute (NMRI) observed the 40th Anniversary of its commissioning Oct. 27. The institute studies biomedical devices and techniques.

Advances developed by NMRI for the treatment of environmental casualties and improvement of safety and survival equipment have saved countless lives during and since World War II.

Radiology job still open here

Applications will be taken now an until further notice for the job o Therapeutic Radiologic Technologis GS-7, in Radiology Service at NRM Oakland.

Applicants will be evaluated on the knowledge of radiation protectio standards, devices and techniques anatomy and physiology, and basi physics; therapeutic exposure techni ques and skill in positioning patients fo a wide variety of difficult treatments.

For further information call Maurit Tinsley at 639-2116.

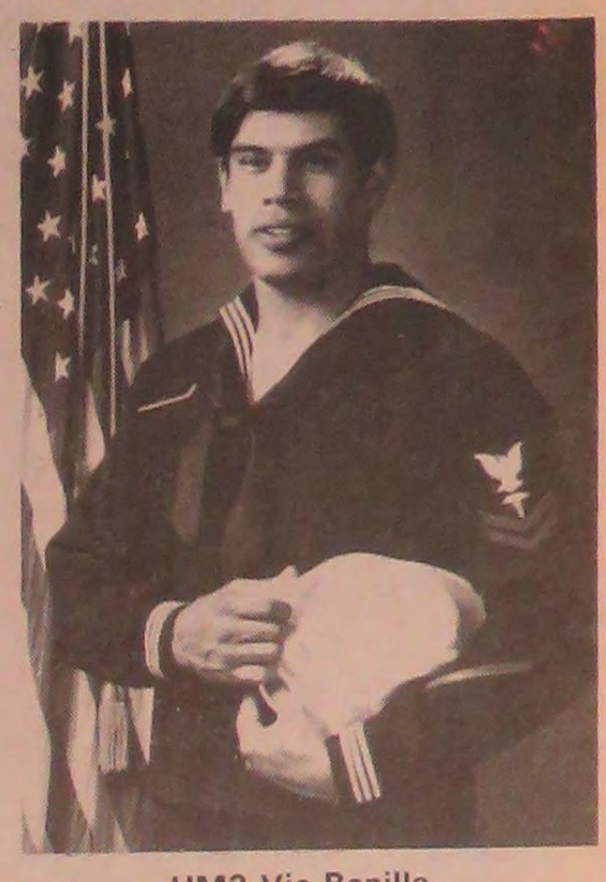


OKING GOOD—(L to r) HM3 Donald G. Henry, Jr., DN Patti L. Holly and SA rman C. Furbush, Jr., were recently singled out by Rear Admiral Robert C. iott (r) as outstanding in appearance. During the same inspection, HM2 lando S. Smythe was also selected.



LSO SQUARED AWAY—(l to r) HN Beverly Hall, HN Mark K. Ford, HN Randell Flynn and HM2 Renato B. Ramirez. Also cited for excellent military ppearance in this second inspection was HM3 Robert R. Ramirez of Physical herapy, not pictured.

HM2 Bonilla selected SOM



HM2 Vic Bonilla

Hospital Corpsman Second Class Vic G. Bonilla of the ENT Clinic is NRMC Oakland's Sailor of the Month (for October).

He was nominated for the award because of sustained professional excellence in the superior performance of duties as a technician in the Department of Otolaryngology—Head and Neck Surgery, and is said to have served with distinction as his service's senior technician in the Main Operating Room. Other assets cited included devotion to duty, willingness to provide an extra measure of effort, and an impressive military bearing and courtesy.

Petty Officer Bonilla has been in the Navy nearly six years. He has been assigned to Oakland for three years and eight months. All prior duty has been in the San Diego area.

In speaking of his selection as best sailor, Bonilla said, "I was surprised and yet proud to be selected as Sailor of the Month. It has made me more aware of the responsibility of representing my peers, my command, and the Navy."

The son of Joseph and Hilda Bonilla of Shelby, Mont., is married and lives with his wife Leslie and children Tasha, Joshua and Caleb in base housing at Oak Knoll.

He plans to work toward a nursing degree and then go for a master's.

Petty Officer Bonilla likes to play intramural basketball and baseball, play the guitar and study fish. He is also active with a young people's group at the Vallejo Bible Church.

HMCS Estes new staff detailer



HMCS C.A. Estes

Senior Chief Hospital Corpsman Charles A. Estes, who recently arrived at Naval Regional Medical Center Oakland from duty with Naval Communications Station H.E. Holt in Australia, is this command's new Enlisted Staff Detailer in Military Manpower Services.

Estes was here once before—as a student in the Preventive Medicine Technician School. Still other assignments have been at Naval Regional Medical Centers Bremerton and Long Beach, with the First and Third Marine Divisions, Naval Communications Station, Adak, and on the staff of Hospital Corpsman B School in San Diego.

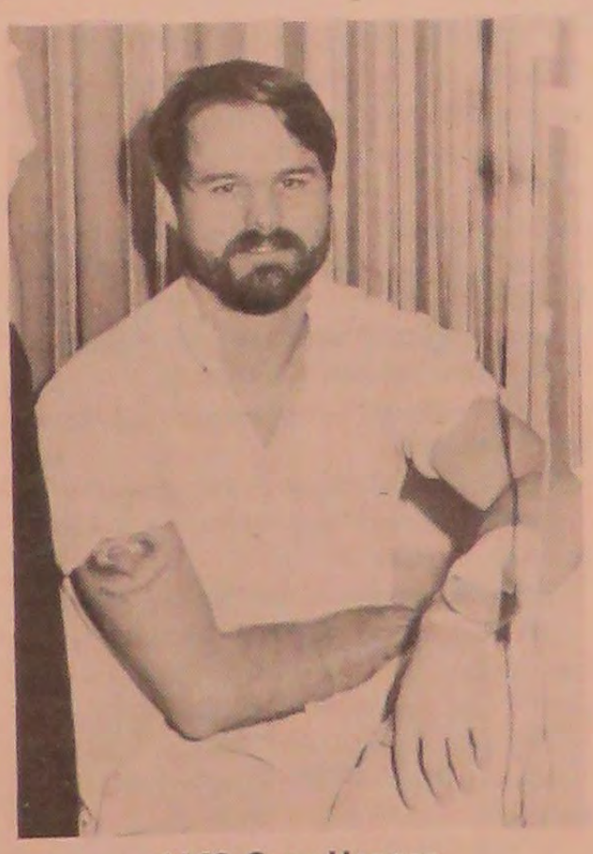
Originally from Greenville, S.C., he has 19 years of service in the Navy and has a career goal of some day becoming a Command Master Chief.

The senior chief, his wife Barbara, and daughter Ronda, are making their home in Castro Valley.

He is a sports enthusiast.

'High-flying star' now outpatient

By Pat Heaphy



AM2 Gary Hanson

Aviation Structural Mechanic Second Class Gary Hanson, who some call a "high-flying movie star," recently became an outpatient after being a resident of the hospital since May when he arrived here from Rota, Spain, where he was injured in a motorcycle accident.

Although he may not be recognizable to you, he appeared in the movies **"Wild Geese," "Moonraker,"** and **"The Nude Bomb."** These roles put him on top. In fact, it was 8,000 feet up. Gary jumped out of airplanes, you see, and appeared in the skydiving or parachuting scenes.

"Probably the most fun movie to shoot was **The Nude Bomb,"** said Hanson. "We got to jump from a DC3, which has a bigger and more stable platform than the normal Cessna 182 and 185s."

Among the major stars he jumped with was the late Steve McQueen. Gary has also jumped with Lee Major's stuntman.

Hanson has 10 years of military service, the last four in the Navy. Previously he served with the Army paratroopers and the Tenth Special Forces (Green Berets). During his Navy career he has landed on the flight decks of the carriers SARATOGA and FORRESTAL.

With his leg injury, he believes it will be two years before he can jump again. He's not giving up, however, and is proud of his License NO. C-14235, granting him the right to do any form of skydiving or jumping.

After 1,400 jumps the sailor has perfected his skill so that he is able to jump from more than 6,000 feet and

(Continued to Page 6)

Kudos.....

NAVY ACHIEVEMENT AWARD

Lieutenant Robert Burg, Medical ervice Corps, formerly of Operating Management.

LETTERS OF COMMENDATION

Commander Blaine Hibbard, Medical Corps, formerly of Pediatrics Service.

Lieutenant Commander Douglas ove, Medical Service Corps, formerly of Food Service.

Jennifer Smith of Alcohol Rehabilitation Service.

LETTERS OF APPRECIATION

Lieutenant Commander S.D. Tambourin, Chaplain Corps, formerly of Pastoral Care Service.

Lieutenant Brian Clayton, Nurse Corps.

Lieutenant Commander Bernadette Majewski, Nurse Corps, from Commander, Navy Recruiting District, San Francisco.

REENLISTMENT

Hospital Corpsman Third Class Kathie Kluckey

FROCKING

CWO3 Reginald McNeil, Physician's Assistant, Primary Care Clinic.

CIVILIAN LENGTH OF SERVICE AWARDS

40 years

David Williams, Transportation

30 years

Essaw Raymond, Housekeeping Service

Barbara Roberts, Food Management Service

25 years

Frank Crump, Jr., Food Management Service

20 years

Martha Blanton, Nursing Service

Kenneth Harville, Food Management Service

Theodore Xenakis, Clinical Investigation Center

15 years

Alfredo David, Radiology Service

Karis Jackson, Medical Service

10 years

Glenn Hill, Medical Service

Franklin Simpson, Pharmacy Service

Barbara Thompson, Comptroller Service

5 years

Beatrice Bacher-Wetmore, Laboratory Service

Prosthesis helps amputee play good game of tennis



ENJOYING THE GAME—Amputee Michael Smith gets along well on the tennis courts wearing a prosthesis made at Naval Regional Medical Center Oakland.

It's a long way from the high seas near Okinawa, Japan, to the East Bay, and it's an even further leap from losing one's leg to playing tennis a little more than a year later in Oakland. One young man has made it with apparent ease, however, due to the help of some skilled craftsmen at this medical center.

On March 3, 1981, ABHAN Michael Dean Smith, 21, was a member of the deck crew of the USS BELLEAU WOOD (LHA-3) as the ship's helicopter division practiced flight operations while enroute to the Western Pacific.

Smith was handling the running chains when one of the choppers with its nose gear up slammed back, tried to take off, crashed and exploded on the deck, killing one helicopter crewman and injuring another, the pilot, co-pilot and Smith, who lost the lower portion of his left leg and had his right hand crushed in the tragic accident.

He remained aboard in the sick bay under care of the ship's medics for a week before being transferred to the Navy Hospital on Okinawa for surgery to clean up the wounds.

On April 15, 1981 he was medically evacuated to Naval Regional Medical Center Oakland where further surgical amputation was performed to fit a prosthesis to the stump of the severed limb and rehabilitation began on his hand. He remained here as an inpatient until last October, when he was discharged from the hospital and granted a medical retirement from the U. S. Navy.

In the intervening months, except for a short period when he made a temporary move to Ohio, married and returned to his hometown of Oakland, he has remained an outpatient of NRMC Oakland and is now wearing a third prosthesis made by the civilian technicians in the Prosthetics Laboratory here. The last one is a bit different from the other two, however. It has a turning device at the ankle to enable the wearer the mobility he needs to play tennis.

And for Smith, this is very important. Although he works days as a short order cook in a fast-fo restaurant, he has been taking ten lessons at night at Laney College, a with his hand healed and a thre month-old prosthesis that moves like real flesh and bone ankle joint, he beginning to perfect his game.

The slim, athletic young man h also learned to throw his bodyweight the good leg when he jumps to rea the ball. "With this new device, I ha no problem playing tennis," he sa "Someday soon I hope I can help oth amputees learn to enjoy the game." **Betty Beck.**



SWIVEL POINT—The prosthesis specially manufactured for the former Navy man allows him motion at the ankle.

Comings and Goings-------

"Fair winds and following seas" to the following personnel who have recently departed this command:

LT Robert Burg to Okinawa.

HM2 Dale Johnson to NRMC Yokosuka, Japan.

HM1 Alice Westlund to NRMC Naples, Italy.

HM3 Dennis Clark to NRMC Portsmouth, Va.

HN George Alfonso to NRMC San Diego, Calif.

HM2 Joanne Doyle, released from active duty.

HM3 Dorsey Lightner, released from active duty.

LCDR Douglas Love to NRMC Guam.

HMC Eddie Johnson, released from active duty.

CDR Blaine Hibbard to Camp Lejeune, N. C.

HN Lee Means, released from active duty.

HM3 Terri D. Hamilton, released from active duty.

LCDR Sauveur D. Tambourin to USS SIMON LAKE.

SA Jeffrey Ricilabaugh to USS HALEAKALA.

LT Linda Roncaioli, released from active duty.

HM2 Margarita Rodriguez, released from active duty.

CDR Joan Tulich, released from active duty.

* * *

"Welcome aboard" to the newly arrived:

HMC David Thibeault, Medical Service.

HN Larry McDonald, Nursing Service.

HN Teodoro Tiglao, X-Ray School.

YN2 John Hendee, Drug Screening.

ENS Patrice Zoeller, Nursing Service.

HA Anthony Brodeur, OR School.

HM3 Theodore Traskos, Primary Care/Emergency Room.

HM3 Dawn Walker, OR School.

HM3 Nathan Santonil, X-Ray School.

ENS John Mountain, Nursing Service.

ENS Juanita Burke, Nursing Service.

HN Mark Elson, Nursing Service.

ENS Valerie Jasienski, Nursing Service.

HN Tirso Francisco, X-Ray School.

CAPT Donald Roy, ACDUTRA, Ophthalmology.

LT Christopher Proctor, Nursing Service.

ENS Roger Serrano, ACDUTRA.

HMCS Charles Estes, Military Manpower.

ENS John Dohm, Clinical Clerk.

HM3 Homer Rabulan, X-Ray School.

ENS Lucia Spears, Clinical Clerk.

HM2 James Baker, Eye Clinic.

ENS David Llewellyn, Clinical Clerk.

HA Jose Alvarez, Nursing Service.

HMC Raymond Gettys, PMT School.

CDR Calvin Polland, Primary Care/Emergency Room.

HM3 Jose Rodriguez, Nursing Service.

CDR Steven Gibbs, Psychiatry Dept.

HM3 Shannon Coleman, Operating Management.

HA Robert Dilla, Nursing Service.

HR David Markham, Nursing Service.

HA Thomas Hernandez, Operating Management.

HN Dianna Foughty, OR School.

HM2 Steven Lawrence, Bio. Med. Repair.

HM3 Michelle Plessis, X-Ray School.

HM2 Magno Marcos, Laboratory Service.

HN Jeffrey Rahn, Nursing Service.

HN Katrina Jones, X-Ray School.

HM3 Robert Pullinger, X-Ray School.

LCDR Suzanne McMullen, Nursing Service.

HM3 Charles Bindhamer, Personnel Support Detachment.

HM3 Gilbert Vega, Operating Management.

HM2 Tom Brearton, Nursing Service.

HN Ruth H. Horn, X-Ray School.

HM3 Bryan S. Dodd, X-Ray School.

(Continued to Page 9)

Local doctors in tinnitus research

At the recent annual meeting of the American Academy of Otolaryngology in New Orleans, three NRMC Oakland doctors presented results of a clinical trial concerned with symptomatic treatment of tinnitus. The work by LCDR David L. Mehlum, LCDR George Grasel and Charles E. Fankhauser, all of the Department of Otolaryngology, received advance publicity in a news bulletin distributed at the meeting, so their presentation was well-attended and subsequently has received national attention.

Tinnitus is a medical term which describes a condition in which a person hears a sound not present in the external environment. The sound is variable in patients and may be described as loud or soft, continuous or intermittent, high-or low-pitched, and steady state or pulsating.

Everyone has experienced tinnitus at one time or another, but it normally lasts from a few seconds to a minute or two. When the symptom is more-or-less constant, a person can be handicapped. In a few cases, tinnitus can indicate presence of a serious disease. However, in most cases a treatable problem is not found, and the patient is faced with a prospect of learning to live with the sound.

Various methods of treating tinnitus have been proposed, but success has been limited. Mehlum and his colleagues evaluated use of various devices and environmental controls for the symptomatic relief of tinnitus. They were encouraged to find that many of their patients found relief from their tinnitus with use of one or another of the trial devices.

This work was funded by the Navy's Health Sciences Education and Training Command under CIP Project Grant 80-48-1318, and Mehlum and his colleagues have been encouraged to continue their endeavor in a collaborative effort with the Kresge Hearing Research Institute at the University of Oregon and by the American Tinnitus Association.

Apparently the Department of Otolaryngology—Head and Neck Surgery of NRMC Oakland is one of few centers nationally that offer such a complete program, so efforts are now underway to continue it on a regular program basis.

'High-flying'

(Continued from Page 5)

land in the center of a baseball diamond. In all his jumps, a chute failed on him only three times. He feels these are good odds, "especially since you must rely on the Federal Aviation Administration-packed reserve chute if your own doesn't open."

In his highest jump, Hansen put his "knees in the breeze" at over 13,000 feet and had a free fall of more than 84 seconds. "At a speed of 210 miles per hour, this brings you down to about the 3,000 foot elevation, a point where you can 'put out your laundry' to make a safe landing," he explained.

Credit Union employees dress up (and down) for Halloween



f you want to buy a savings certificate, this "Headless Horseman" (Josie Spe-ry) is at your beck and call.



own through the aisles of files wanders Joyce O'Connell dressed as a lady own with combat boots. Do you think she'll really file that "dead chicken" anging from her belt?



Lucille Pina (left) and Carla Tomlinson make "a toothsome two-some"—Lucille with the vampire teeth and Carla made of the stuff to clean them.



"My Fair Lady" Linda Sylva watches out for your interests as "Witch" Roberta Johnson puts a magic spell (hopefully a lucky one) on a customer's account records.

oD school students outscore average in college entrance tests

For the seventh straight year, sons nd daughters of military personnel tationed overseas have scored higher college entrance tests than high chool students in the United States.

Students attending 63 high schools naintained by the Department of efense (DoD) for military families in 0 countries registered higher scores both the Scholastic Aptitude Test AT) and the American College Test-g Program (ACTP), for the 1981-82 chool year.

The overseas students averaged 37 in S.A.T. verbal testing, 11 points igher than the average of high school tudents taking such tests in the United tates.

In mathematics, the average S.A.T. core for high school students in DoD chools was 477, or 10 points higher han in the U. S.

In the American College Testing Program, the average performance of military family students abroad topped the national sample in all achievement areas, natural sciences, reading, English usage, mathematics and social studies reading.

The composite A.C.T. scores for military family students abroad was 19.9, compared to the national score of 18.4.

DoD dependents schools in the Pacific Region will be limited in the number of space available students they may enroll for the school year 1982-83, according to Director Dr. Beth Stephens.

An unexpected increase in the number of students in that area is the cause for the limitations. Sponsors scheduled for unaccompanied tours to Japan, Korea and the Philippines are advised to keep this situation in mind if they plan to bring school-age dependents on the tour at the sponsor's expense.

Detailed information regarding space-available enrollment, or other facets of the DoD School System, may be obtained by calling the DoD Dependents Schools Public Information Office at Commercial (202) 325-0660 or Autovon 221-0660.





The following additions to the medical "family" have arrived at Oak Knoll:

A baby girl to Lieutenant Commander Douglas Love, Jr., formerly of Food Service, and his wife Dallas, Oct. 21.

A baby girl to Lieutenant Frank J. Waskey, Nursing Service, and his wife Ursula, on Oct. 28.

A baby boy to Lieutenant Commander Steven R. Jensen, Radiology Department,and his wife Patricia, Oct. 30.

A baby boy to Equipment Operator Third Class Kenneth R. Anderson, NAS Alameda Branch Clinic, and his wife Raquel, Oct. 31.

A baby girl to Hospital Corpsman Second Class Mark D. Norton, USCG, PMT School, and his wife Kathleen, Nov. 2.



MAKING IT CLICK—Pediatrics Service staff (l to r) HM3 Christopher Rogers, Edna Hudson, Catherine Corbett, CAPT Ricci Larese, Shirley Butler and Lenore Brady helped the Uniformed Services West Chapter of the American Academy of Pediatrics win a summer safety contest. The chapter collected more than 3,500 signatures from children and parents pledging to buckle up for a trial period of two weeks in "Make It Click," the first comprehensive grassroots effort to motivate persons to buckle up in safety seats or seat belts.

Blood donor fears unfounded

By Annie Wing
Irvin Memorial Blood Bank

On Nov. 22 and 23 the familiar blue truck from the Irwin Memorial Blood Bank will roll up to Oak Knoll Hospital for its quarterly blood drive. A mobile unit will be set up on 5 East in the main building from 10 a.m. to 4:30 p.m. on Monday, and 7 a.m. to 1:30 p.m. on Tuesday.

Through continued donations, Irwin Memorial is able to supply this hospital with blood and blood products. For every three donations collected during the drives, NRMC Oakland receives a $60 credit directly benefitting patients needing transfusions.

At the last NRMC blood drive in September, 240 units were donated, representing a 20 percent participation. Blood drive coordinator LCDR Tom Wadsworth hopes the November blood drive turnout will surpass this figure. However, in order to accomplish this goal, the number of first time donors must increase.

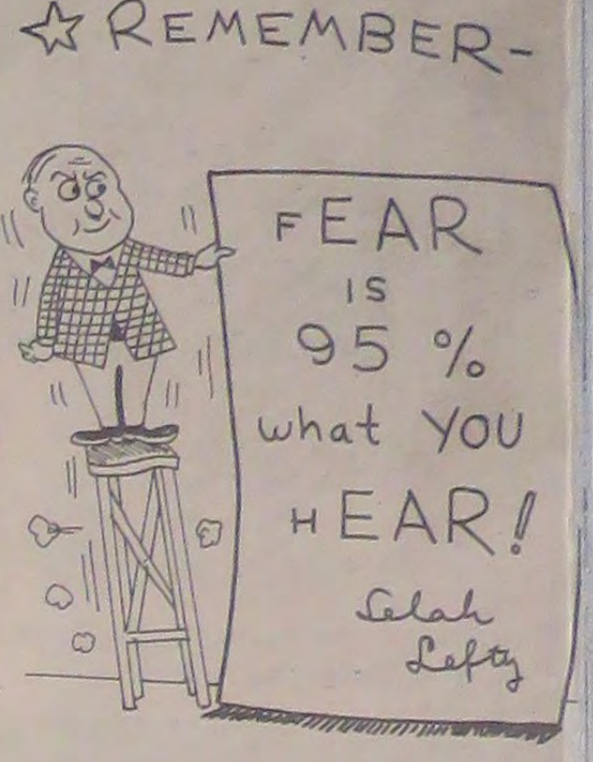
Reluctant donors often give the following excuses:

They'll take too much blood, then I'll feel weak and dizzy!

Nonsense. You have between nine and 12 pints of blood in your body. The donation consists of less than one pint; your body won't even miss it. Plus, your body makes new blood constantly. The volume will be replaced within hours.

I might pass out!

Fat chance! Giving blood is safe and easy. All donors are screened carefully to insure they're medically fit. You can go about your usual routine as soon as you've rested and had some refreshment.



I don't like needles!

Who does? Actually, the pain you **think** you'll feel will be more of a slight discomfort. And that feeling will last only momentarily.

I'm afraid to give blood!

So is everyone else the first time. But if you'll put your fears aside long enough to donate, you'll wonder why you ever hesitated.

I'm too busy to give blood!

What's one hour of your time every three months when you think of the life-saving results it produces? The donating process from registration to refreshments takes less than an hour. The actual donation time is between seven to 10 minutes. Plus, each time you donate you receive a mini physical which includes a hematocrit to check for anemia and a temperature and blood pressure reading. Remember one hour of your time can mean a lifetime for another.

As you can see, many fears are unfounded. Giving blood is easy. Ask any blood donor, or find out for yourself, Nov. 22-23.

CHAMPUS may help buy durable medical equipment

Military families can now buy durable medical equipment, such as wheelchairs or respirators, when it's cheaper than leasing or renting.

The change in the CHAMPUS regulation should save eligible families money and trouble, while helping the government avoid more than $500,000 in rental or lease costs over the next four years. The change became effective Sept. 28.

Under the old rules, CHAMPUS couldn't share the cost of buying durable medical equipment, even when it wasn't available for rent or lease. Beneficiaries of the program had to bear the entire cost themselves.

The new rules require CHAMPUS patients to get approval in writing from the regional claims processor before buying the equipment. If the processor agrees that the patient needs the equipment, and that the government can save money in the long run by cost-sharing the purchase, the okay will be given.

Persons eligible for CHAMPUS should check with their CHAMPUS claims processor before committing themselves to rent or buy durable medical equipment. The local military installation's Health Benefits Advisor can also help explain the rule change, and aid in contacting the proper claims processor. Certain conditions must be met.

CHAMPUS cannot share in the payment for eyeglasses; contact lenses and other optical devices; and hearing aids or other communication devices. They don't qualify as durable medical equipment.

Signature requirement eased

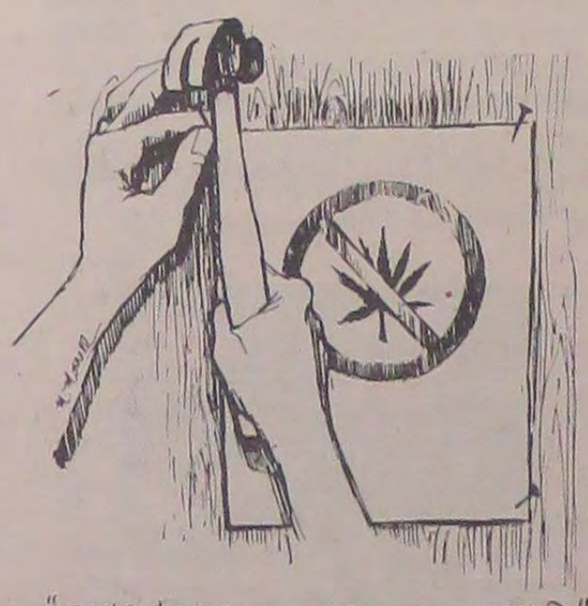
Physicians who have only limited contact—or no contact at all—with their CHAMPUS patients, will no longer have to get the patient's signature on the CHAMPUS claim form.

The signature obtained on a CHAMPUS claim form by the hospital or other institution will suffice when certain specialists bill separately for services during the patient's hospital stay. The new rule applies to radiologists, pathologists, neurologists, cardiologists and anesthesiologists who accept CHAMPUS assignment. When such a provider does not accept assignment, the claim form still needs the patient's signature.

Relaxing the signature requirement is one of many moves to speed claims processing and make it easier for physicians to accept CHAMPUS assignment. CHAMPUS officials note that when a claim is returned because of signature problems, as many as 36-60 days may be added to the processing time. Most claims are otherwise processed within 21 days of submission.

In addition to speeding up claims processing, the change is expected to help CHAMPUS avoid up to $150,000 annually in administrative costs from claims returned because of signature problems.

Civilian Employees



President cites antidrug success

Increasing the number of Federal enforcement personnel, attorneys and judges, along with effective use of information derived from military intelligence and airborne radar, have combined to produce a "dramatic success" in combating drug trafficking in the South Florida area, according to President Ronald Reagan.

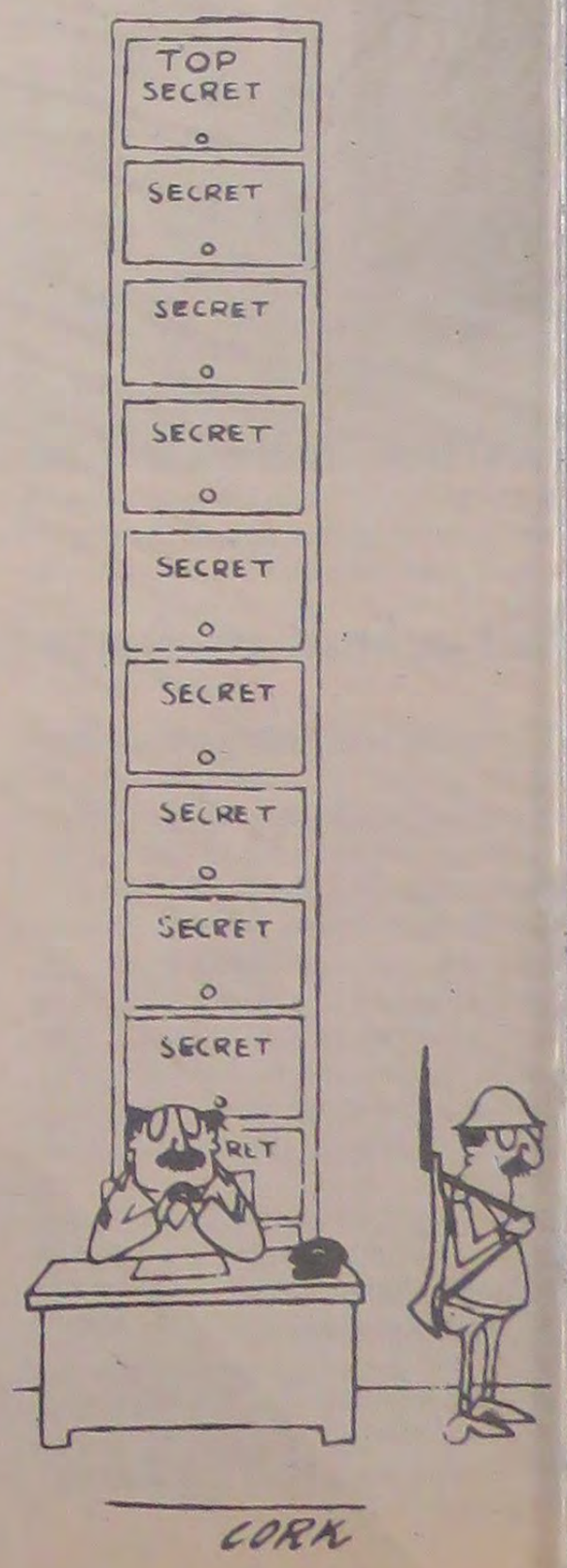
The President cited a 40 percent increase in drug-related arrests, an 80 percent increase in marijuana seizures, and a more that 100 percent increase in seizures of cocaine to support his Oct. 2 statement, adding, "the important thing is, we're hurting the trafficker."

Navy assistance to the "South Florida Task Force" has included surveillance operations by E-2C "Hawkeye" early warning aircraft, reports of sightings of suspicious vessels, the embarkation of U. S. Coast Guard detachments on Navy ships and augmenting Coast Guard interdiction efforts with Navy assets where permitted by law.

Calling the drug war "a campaign we cannot afford to lose," President Reagan reminded Americans that while general health has been improving, "the death rate for young Americans between the ages of 15 and 24 is now higher than 20 years ago." He called drug and alcohol abuse major contributors to this "frightening trend."

In addition to the enforcement element, the President promised efforts directed at international cooperation, education, prevention, detoxification and treatment and research.

"The mood toward drugs is changing in this country and the momentum is with us," the President concluded. "We've taken down the surrender flag and run up the battle flag. And we're going to win the war on drugs."



Put fire prevention high on list when making family Yuletide plans



To keep the holiday season merry, keep fire hazards out.

Attention to fire safety when planning Christmas trees, lighting, decorations and gifts will go a long way toward making this Yuletide a happy one, advises the President of the National Fire Protection Association (NFPA).

Here are some Christmas-time fire safety recommendations from Charles S. Morgan, head of NFPA, the international center of fire prevention information:

Tree: Select a firm, fresh one, and put it at once in a cool place with its base in water. Before setting it up, cut about an inch off the base to help the tree absorb water, then place the tree in a sturdy stand containing water. To be sure the water level stays above the cut, check it daily.

Locate the tree away from heat and where it won't block exits. Take it down as soon as possible after Christmas—the more it dries out the more of a hazard it becomes. Don't rely on do-it-yourself flameproofing treatments.

Lighting: Never use lighted candles on a tree or near any evergreen decoration.

Check sets of electric lights closely, for worn insulation, broken plugs and loose bulb sockets, and use only sets that carry the label of a leading national testing laboratory.

Use extension cords sparingly.

Never hang sets of lights on a metallic artificial tree—to avoid shock hazard, use only indirect spot lighting instead. If artificial tree has built-in electrical system, it should be "listed" by a recognized national testing laboratory.

Turn off all indoor tree and decorative lights when leaving the house or retiring for the night. Outdoor lights should have special wiring intended for outside use.

Decorations: Use materials which are non-combustible, such as glass, or which are flame-retardant. Keep natural evergreens and polystyrene decorations away from candles, fireplaces and other open flames.

Be sure holiday costumes and masks, such as Santa suits and whiskers and children's pageant outfits, are flameproofed.

Wrappings: Pick them up while opening gifts and put into covered trash containers. Never burn wrappings, boxes, etc., in the fireplace.

Gifts: To meet safety standards, all electric toys should be "listed."

Comings & Goings

(Continued from Page 6)

LT Charles Keil, PMT Operations.

HM2 Virgilio Ronquillo, X-Ray School.

HN Fritz Jeudy, X-Ray School.

HR William Pena, Nursing Service.

HN Alexis Williams, X-Ray School.

HN V. Monroe, Nursing Service.

HA Gregory Blair, Nursing Service.

HM3 Susan Baize, X-Ray School.

HM3 John Mulholland, X-Ray School.

HN Denise Lawrence, X-Ray School.

LCDR Craig Caldwell, Medical Service Corps.

LT Kris Proctor, Nurse Corps.



EXPLANATION—LCDR Albert S. Gesh explains a TRIMIS system joining three major Bay Area military medical centers in pharmacy records processing to visitors (l to r) Fred Hannett, Office of the Assistant Secretary of Defense for Health Affairs, and Ed Lombard and Austin Smith, House Appropriation Committee staff members. The three Washington, D.C. visitors were here Oct. 25.



EDUCATORS VISIT—Some 44 high school and college instructors and counselors from Southern California visited NRMC Oakland on Nov. 2 as part of a Bay Area visit sponsored by Navy Recruiting. Following this welcome from Rear Admiral Robert C. Elliott, the educators observed training of enlisted personnel at the Operating Room Technician, Preventive Medicine Technician and X-ray schools.

Official mail to get a lickin'



Proposed official mail stamp being tested by selected federal agencies early in 1983. If test is successful, stamps will replace the official mail indicia (franked envelopes) now in use.

If an upcoming Air Force test proves U. S. Postal Service theory to be correct, you just might find yourself licking a stamp every time you mail an official letter.

Because it feels that an official mail stamp system would provide a more precise means of collecting postage revenue from official mail users, the Postal Service has asked certain elements of the Air Force and the Department of Agriculture to test the new system early in 1983.

If the test is successful and the concept is adopted government-wide, stamps will replace the official mail indicia now in use, and government agencies will buy official mail stamps instead of preprinted "For Official Use Only" franked envelopes.

The Postal Service emphasizes that the stamps will be restricted to official government mail. Envelopes bearing the stamps must have a government return address.

A Food and Health Quiz

FACT OR FICTION

	FACT	FICTION
1. Overweight is related to heart disease.		
2. You have to give up snacks to lose weight.		
3. You can eat bread and potatoes on a diet.		
4. A skinny child will be a skinny adult.		
5. Exercise makes you eat too much.		
6. Fats have more than twice as many calories as carbohydrates (sugars & starches) and protein.		
7. All fats affect your body the same way.		
8. Whole milk is better for you than skim milk.		
9. Americans eat too much protein.		
10. The fat in chicken is mainly in the skin.		
11. You should eat meat every day.		
12. Vegetarians can be just as healthy as people who eat meat.		

—National Institutes of Health

(Answers, Page 10)

MED • SCAN

A quick look at recent health care developments

Approximately **one in 5,000 children is afflicted with puberty that comes too soon** because of glandular disorders and other causes. The age of the children at the onset of the disease can range upwards of nine months. The child will suddenly begin to grow inordinately fast, causing premature maturation of the skeleton. The child shoots past his peers but then his bones reach maturity and stop growing far short of normal adult height. Babies may grow facial and pubic hair and breasts. Now the National Institute of Child Health and Human Development in Bethesda, Md., is investigating a drug, LHRH (analogue of luteinizing hormone-releasing hormone) which has shown remarkable success in actually reversing this precocious puberty. About 80 children are currently receiving daily injections of LHRH. These children ranged from nine months to nine years at the start of the treatment and more than 90 percent have responded satisfactorily, slowing their growth and losing their sexual maturation. In addition to exhibiting the physical changes of puberty, the children also show adolescent emotional behavior. That, too, tended to improve with medication. At the present time the Institute is admitting two to three children weekly.

• • •

During the past 30 years the Russian health care system has been playing catch-up to bring the number of hospital beds on a par with western standards. An article in the *British Medical Journal* **compares the number of beds in England and the Russian Republic,** the most populous of the 15 Soviet republics. It was found that in **1950 England had 10.4 beds per 1,000 people, while in that same year, the number of beds in the Russian Republic was 5.6 per 1,000 people.** By 1978 the number of beds had more than doubled, to 12.2 per 1,000 people. The author of the article makes the point that the Russians in the 50s and 60s engaged in a crash program that entailed makeshift arrangements and the subordination of quality to quantity. It is also interesting that in the same period the English, and latterly the Americans, have changed their strategy and now emphasize the provision of outpatient care.

• • •

Environment has always been accepted as an important influence on IQ, but only recently has the environment of the womb been included in the equation. As an offshoot of the federal government's Special Supplemental Food Program for Women, Infants and Children, **psychologists were able to measure the effect of supplemental nutrition on IQ.** The scientists contrasted, in the *American Journal of Public Health,* scores of children who first receive supplemental nutrition between the last trimester of pregnancy and one year of age—the period of the brain's "growth spurt"—with their siblings, who were on the average two years older when they started the program. The paired children and their mothers did not exhibit signs of malnutrition at the beginning of the program, but they were in nutritional risk categories: Anemia or low weight for height, and, in the case of pregnant women, frequent pregnancy, young or old maternal age, or high weight for their height. The children were tested five years after they started the program. Those youngsters who first received supplemental nutrition, either while in the womb or in the first year of life, consistently scored higher than their older siblings in each of the tests administered. **The most striking difference was seen in the full scale IQ test, in which the younger children scored an average 13 points higher** than the older children.

• • •

Surgeons can now weave repairs to ligaments and tendons, using a carbon fiber implant. Developed at the University of Medicine and Dentistry of New Jersey, the material has been used successfully in 48 patients, many of whom had chronic conditions which had not responded well to multiple attempts at surgical repair. The implant stimulates the growth of tissue that grows around the fiber. The repair seems to be as strong or stronger than the original tendon or ligament. The surgeon weaves the material in and around the injured tissue to connect and reinforce the damaged section.

New ligaments or tendons are not in fact re-grown. What happens, apparently, is that fibrous tissue is encouraged to grow on the fiber "scaffold" at the site of the repair.In a sense it is scar tissue. The **carbon fiber implant has been used to repair knee ligaments and Achilles tendons.**

• • •

If you once nurtured a neurosis in your bosom, forget it—it's no longer considered a disease. The country's psychiatrists have been engaged in codifying their diagnostic classifications and have consolidated, reclassified, eliminated and otherwise reordered their armamentarium. The elimination of "neurosis" as a condition to be diagnosed prompted one distraught psychiatrist to write to the *Archives of General Psychiatry* and ask plaintively: "Must we really part, dear word?" So hereinafter you no longer have a *neurosis* but insted enjoy *"anxiety"* and other disorders.

• • •

Want to live longer? Get out and mingle. Results of an ongoing study of community health showed that the more socially active people lived longer than their quieter neighbors. The study, reported in the *American Journal of Epidemiology* took into account such variables as cholesterol, drinking, and height-to-weight ratio as well as others such as smoking, which could be expected to have an effect on longevity. For men, passive solitary leisure activities such as television viewing and reading, were "positively associated with mortality." Frequent social contact with other people substantially lowered the risks of dying in the 12 years that the study has been in existence. For women, the association between solitary leisure activities and the risk of dying was even more positively associated. Marital status for women was less significant than for men in the study.

• • •

Cutting through all the sensationalism that understandably clings to the subject of transsexualism is this sad fact: It is a "no-man's land whose denizens,with or without sex reassignment surgery, with or without psychotherapy, can, unhappily, never experience biological or emotional fulfillment." That is the conclusion of an editorial in the *British Medical Journal.* Transsexuals are differentiated from other sexual deviants because they see themselves unequivocally as women. Their belief is so strong that it could be classified as near delusional. In the case of transvestites, who obtain a degree of sexual excitement by dressing as women, and homosexuals who obtain satisfaction from other men, there is seldom confusion as to sexual identity. It has been found, however, that the three conditions can overlap to some extent. Women, apparently, seldom are true transsexuals. The tragedy is that the demand for the operation has grown inordinately and that a great many of these would-be patients would benefit more from psychotherapy rather than this surgically drastic operation. Yet for that select group of true transsexuals, a psychiatrist who has worked with them for 30 years says: "In the main, the conservative attitude, thorough screening, ruthless exclusion, of doubtful cases, and prolonged pre-surgery observation, led to successful results with excellent individual social and sexual adjustment."

• • •

Food and Health Quiz--

(Continued from Page 9)

1. FACT — Overweight **is related to heart disease.** The more overweight you are, the greater your risk of coronary heart disease.
2. FICTION — You don't have to give up snacks to lose weight. In fact, nutritious, low-calorie snacks can **help** you lose weight by keeping your appetite under control throughout the day. It's **the total amount of food (and calories) you eat each day that counts**—not the time of day you eat it.
3. FACT — You **can eat** bread and potatoes on a reducing diet. They're not high in calories if eaten without "extras." And they are a good source of many essential vitamins, minerals and carbohydrates. "Extras" do add up, however:

   70 calories—One slice of bread
   105 calories—Bread with 1 pat of butter or margarine
   105 calories—One medium baked potato
   190 calories—Potato with 1 pat of butter or margarine and 2 T. of sour cream
4. FICTION — Skinny children will not necessarily become skinny adults. Active, growing children do burn a lot of calories. If you encourage a sweet tooth or a taste for fatty food, your children are more likely to become overweight adults. **Your food choices shape your child's eating habits for life.** Help make them healthy ones.
5. FICTION — Exercise will **not make you overeat.** Regular exercise actually helps control your appetite. It also helps tone muscles, improve circulation and strengthen your heart.
6. FACT — **Fats have more than TWICE as many calories** as protein or carbohydrates.

   (Approximate calories)
   255 calories—one ounce fat
   113 calories—one ounce protein
   113 calories—one ounce carbohydrates
7. FICTION — All fats are **not alike**—different fats affect your blood cholesterol in different ways: Fats from animals (saturated fats) **raise** your blood cholesterol level. Fats from most vegetable sources (polyunsaturated fats) **lower** your blood cholesterol.
8. FICTION — Whole milk is **not better** for you than skim milk. Skim milk has all the nutrients found in whole milk without so much saturated fat and calories. ***(Some evidence suggests that some milk fat may be beneficial for VERY young children. If you have questions about this, consult your pediatrician.)***
9. FACT — Most Americans eat more protein than they need, especially protein from meat. This is expensive, unnecessary and may be harmful. Why? Proteins from animal products are high in saturated fat. It's healthy to replace some meat protein with **starchy foods** like bread, potatoes, rice, spaghetti, noodles, cereal and other grain products.
10. FACT — Chicken skin is about **17% fat.** Dark chicken meat is about 6% fat and white meat is only 3% fat. If you're watching how much fat you're eating, it's a good idea to remove the skin before cooking.
11. FICTION — You don't need red meat every day. Although red meat is high in protein, it can also be **high in fat.** Chicken, fish, lowfat dairy products and dried beans are also high in protein but **low in fat.**
12. FACT — Vegetarians who balance what they eat can be just as healthy as people who eat meat. In fact, some studies show that, compared to people who eat the usual American diet, vegetarians do **not** suffer from as much high blood pressure and coronary heart disease.

VA Qs and As

Q—My VA benefits check goes by direct deposit to my bank and I wish to terminate the direct deposit. What should I do?

A—To cancel a direct deposit, you need only to notify the VA in writing of a new address for your VA check. One precaution—do not close the account to which the direct deposit was going until you receive the first VA check at your new address. This will prevent any interruption in receipt of benefits.

• • •

Q—Can I make arrangements in advance for the burial of my wife and children in the event one or more of them dies before I do?

A—No, application for burial in a national cemetery must be made at the time of death of an eligible veteran or his/her eligible dependent. The selected mortuary, VA cemetery or any VA office will provide information and assistance in matters pertaining to burial and allowances.

• • •

Q—When are dividends paid on participating National Service Life Insurance policies?

A—Dividends are normally paid on the anniversary date of the insurance policy. No application is necessary.

• • •

Q—I was injured while on active duty in World War II, but have never filed a claim for compensation with the Veterans Administration. Is it too late to do so now?

A—No. There is no time limit for filing a claim for compensation. Contact the nearest VA office for assistance.



VAL REGIONAL MEDICAL CENTER
OAKLAND, CALIFORNIA

THANKSGIVING DAY MENU
NOVEMBER 25, 1982

APPETIZER
Vegetable Cocktail

SOUP
nch Onion with Croutons and Grated Cheese

SALAD
Fruit Salad
Green Salad
Macaroni Salad

ENTREES
st Turkey with Cornbread Dressing and Giblet Gravy
Cranberry Sauce
zed Hickory Smoked Ham with Raisin Sauce

CAPTAIN'S PLATTER
d Shrimp, Scallops, Sole and Oysters
Cocktail Sauce and Tartar Sauce

VEGETABLES
Snow Flake Poatoes
Candied Yams
Green Beans
Corn O'Brien

DESSERTS
mpkin Pie Mince Pie
Ice Cream
Assorted Fruit, Nuts, and Candy
Beverages

AUTUMN

Contributions welcome for Christmas basket

Hospital staff not previously contacted by the NRMC Officers' Auxiliary, are advised that the club is sponsoring its annual Christmas basket for a needy family and accepting donations of food items to make that family's holiday a merry one.

Contributions will be accepted at either of the following locations before Dec. 10:

- Labeled Box, Manager's Office, Officers' Club.
- Information Desk on the second floor of the hospital.

For further information call Pam Ferrario, 582-7057, or Jeanie Torkildson, 895-2675.

More patients write. . .

Recently I was in the hospital for nine days and want to tell you how grateful I am for the wonderful care and treatment I received. Without exception, the doctors, nurses and staff were outstanding in efficiency and (in) the warmth of their concern.

The ward I was on is 6 West, and the surgical team was the Gold Team. Dr. West was my surgeon and he and all his team were so kind. The nurses on the ward went out of their way to be helpful and supportive.

Also, I should like to mention the people in the O.R. area, especially Lt. Allen, who were especially kind at a time when this was so important. I do feel that such efficient and concerned care has a tremendous effect on a patient's well-being and recovery.

My thanks to you and to the fine people who work so hard and with such devotion to make the hospital what it is.

Virginia Thomas

* * *

I would like to take this opportunity to convey our appreciation to you and your staff in supporting the medical needs of the crew of the Hector. We find that appointments are made in a timely manner by the friendly individuals at your appointment desk. Clinics seem to go out of their way to accommodate our people. We recently returned from a long deployment and did not always find the naval hospitals as supportive as they could have been.

We are looking forward to a long and close working relationship with your facility.

A special thanks to Operators 1, 3, 4, 6, 10; to Dermatology, Orthopedics, General Surgery, the E.R., ENT and Urology.

K. Sawada, LT, MC, USNR
Medical Officer, USS HECTOR (AR-7)

* * *

During a Permanent Change of Station transfer, my wife had a seizure. . . Because of my transitory status, CDR Raymond Lilly, the new Assistant Chief of Neurosurgery, expedited the . . .operation.

During this traumatic period, I and my family were extremely impressed with the dedication and professionalism of the entire Neurosurgery Ward, from the E-3's to the 0-5's. They treated all patients with the utmost courtesy and consideration, regardless of how trying the patients were or how fatigued the staff member. In my 28 years with the Navy, I have never observed a more uniformly professional group of Navy people; they were not only a credit to the U. S. Navy but also to the medical profession as well.

I commend the Oakland Naval Hospital Neurosurgery Ward on a job "Well Done!"

Donald L. Lukinbeal
Captain, U.S. Navy Reserve

Thanksgiving services set



Pastoral Care Service has announced its Thanksgiving services for Nov. 24-25.

The Protestant Communion Service of Thanksgiving will be held on Nov. 24 at 12:30 p.m. in the Chapel of Hope. The liturgy will be recited by LT Jay Hoppus and a devotional presented by LT M. Kathy Brown.

The Catholic Mass of Thanksgiving will be held in the Chapel of Hope at 9 a.m. on Nov. 25. The Thanksgiving Mass will be celebrated by LT Edward Masse.

Rhymes of the Times





"Take me to Spielberg."

ock hop' slated

ll Naval Regional Medical Center and military personnel and guests, rdless of rate or rank, are invited to d a "sock hop" sponsored by the ted Club, but to be held at the cers' Club on base Nov. 19.

he evening will feature radio staKYA personality Gary Mora, a deewho handles the "Oldies Road v." Music will be from the 50s and and all attending are urged to dress e 50s ("Fonzie") era style.

estivities begin at 8 p.m. A no-host will be available. For those wishing er in advance, the Enlisted Club will pen.

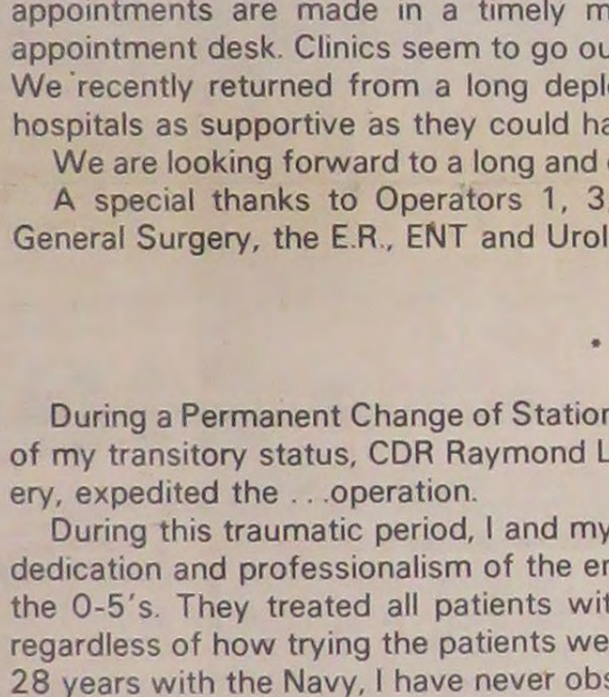
here is no charge for the dance.

ard thanks partygoers

Halloween party sponsored by the Club on Oct. 29, was apparently a wling" success, according to HM2 Jones, Vice President of the club's sory board.

ccording to Pat, the guests ded "E.T.," Groucho Marx, the s Brothers, a pirate and a number ther ghosts and goblins. The "Little Band" provided music all nite long.

he advisory board members would to thank all those who partied and ed make that event one of the t successful events of the year.



"WARM ENOUGH, HONEY?"—An emperor penguin broods its young in Sea World's penguin research facility, one of the stops on the itinerary of military families taking a behind-the-scenes guided tour. A 15 percent daily discount is available to military and DoD civilian employees and their families, upon request at the tour assembly booth.

GO NAVY—The U. S. Naval Academy football team will soon challenge that of West Point in the traditional Army-Navy game, to be played this year on Dec. 4 in Philadelphia.

A bit of Bay Area nostalgia

By Jane O'Sullivan

In 1915, a few years after the devastating earthquake and fire, San Francisco held a great world's fair to celebrate its rebuilding and the opening of the Panama Canal. The fair romanticized the pioneer past and turned the eyes of the world toward South America as well as the wonders of developing technology.

This was the Panama Pacific International Exposition. Displays have been gathered and put into an exhibit to run through 1983 at the Lowie Museum of Anthropology just off Bancroft Way at the University of California, Berkeley. Admission costs one dollar. The museum is open from 1 to 4:30 p.m. on Saturdays, as well as on weekdays.

A diorama shows the full extent of the romantic, dreamlike city within a city. The only remaining building on the site, the Palace of Fine Arts, was designed by Bernard Maybeck and is still a favorite landmark.

At the museum, national displays from Sweden, Japan and China are of great interest. The Eastman Kodak Company won many awards and inspired a wave of "shutterbugging," but the cameras look very primitive compared to those on sale today. Toasters, typewriters, telephones and a host of labor-saving devices burst on an enthusiastic public. A highlight of the exhibit is an old movie by General Electric, in which a winsome housewife, circa 1915, shows a visitor through her electric kitchen and modern home. (There is even an electric cigar lighter for the husband.)

Three companies of Marines from Mare Island established a very well-organized camp next to the Texas pavilion. Thousands visited the hospital tents where Navy corpsmen displayed the latest in first aid and preventive medicine. Although World War I seemed very far away and received little newspaper attention, San Franciscans were always close to their own contingents of the armed forces, and loved the participation of the band and marching units in parades and ceremonies.

The Claremont Hotel was built in Berkeley to offer the latest luxuries to visitors arriving by transcontinental railroad or by steamer through the Canal. The train and ferry ride across the bay to the fair was part of a carefree day.

People loved the fair so much that they did not go home the night it closed, but wandered around the grounds singing until dawn. The buildings were quickly demolished; but many statues, paintings, and art works were moved to other parts of the Bay Area, where they can be seen today. A catalogue of these artifacts may be bought for a quarter. The influence on architecture and city planning still beautifies our communities.

Misty run returns to Redwood Park

The Fifth Annual Misty Redwood Run, a 7.6-mile foot race through beautiful Redwood Regional Park in Oakland, is scheduled to begin at 10 a.m. Sunday, Dec. 12.

Co-sponsors of the event are East Bay Regional Park District and the Lung Association of Alameda County.

Participants should check in between 8:30 and 9:30 a.m. at Canyon Meadow, which is reached via the park entrance on Redwood Road.

The race course will be up the Stream Trail, returning on the East Ridge Trail.

Entry fee is $6 until Dec. 6, and $8 on race day. More information on Redwood Run can be obtained by contacting Joe Rubini, run coordinator, at East Bay Regional Park District, (415) 531-9300, ext. 249.



INDIVIDUALIST—All pumpkins are not beaming, happy, orange-colore vegetables whose heads light up at Halloween. Some take a pretty dim view o being carved up for a one-day display. This one with a drill sergeant's mouth seems to be telling off its creator, AN Gregory J. Shackel, a patient on medica hold, whose hobby is caligraphy.

★ ★ ★ MOVIES ★ ★ ★

Friday, Nov. 12, 6:30 p.m.—PENITENTIARY II—Leon Isaac Kennedy, Glynn Turman—Drama/R

Saturday, Nov. 13, 1 p.m.—MYSTERIOUS ISLAND—Animated—Adventure/G

Saturday, Nov. 13, 6:30 p.m.—THE HIGH COUNTRY—Timothy Bottoms, Linda Purl—Adventure/PG

Sunday, Nov. 14, 6:30 p.m.—THE UNSINKABLE MOLLY BROWN—Musical/G

Monday, Nov. 15, 6:30 p.m.—FROM HELL TO VICTORY—George Peppard, George Hamilton—War Drama/PG

Tuesday, Nov. 16, 6:30 p.m.—REDS—Warren Beatty, Diane Keaton—Drama PG

Wednesday, Nov. 17, 6:30 p.m.—WARLORDS OF THE 20TH CENTURY—Michael Beck, Anne McEurce—Action/PG

Thursday, Nov. 18, 6:30 p.m.—HUMONGOUS—David Wallace, Janet Julian—Horror/R

Friday, Nov. 19, 6:30 p.m.—SOME LIKE IT HOT—Tony Curtis, Jack Lemmon—Comedy/PG

Saturday, Nov. 20, 1 p.m.—LASSIE'S GREAT ADVENTURE—June Lockhart, Jon Provost—Drama/G

Saturday, Nov. 20, 6:30 p.m.—THE SEA WOLVES—Gregory Peck, Roger Moore—Adventure/PG

Sunday, Nov. 21, 6:30 p.m.—IMPROPER CHANNELS—Alan Arkin, Mariette Hartley—Comedy/PG

Monday, Nov. 22, 6:30 p.m.—MODERN ROMANCE—Albert Brooks, Kathryn Harrold—Comedy/R

Tuesday, Nov. 23, 6:30 p.m.—ROCKY III—Sylvester Stallone, Talia Shire—Drama/PG

Wednesday, Nov. 24, 6:30 p.m.—FRENCH QUARTER—Virginia Mayo, Bruce Davison Drama/R

Thursday, Nov. 25—HOLIDAY. CLOSED.



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Classifieds

RIDE WANTED

Richmond (Ward's vicinity) to Oak Knoll. Phone Lydia Murphy, Ext. 2217 or 3033, or home (415) 233-9897.

FOR SALE

Variety of uniforms: three pair of dungarees (size 10 long); dress blue jacket (10 long); dress blue skirt (9 long); dress blue pants (10 long); white skirt (10 regular); pants (10 long), and skirt (10 long). Will sell at reasonable price. Chris, Ext. 2203.

INFORMATION WANTED

If Benewah County, Idaho, is your hometown or you are familiar with the area around St. Maries, I would like some general information. Betty, Ext. 2113.

THE OAK LEAF

Naval Regional Medical Center, Oakland, California

Vol. 44, No. 22

Friday, November 26, 1982



'OTHER DUTIES AS ASSIGNED'—Oak Knoll's Fire Chief Bob Bobbitt signals an Army helicopter in for a landing at the medical center's pad near the enlisted family housing area. Twice within a week a Ft. Ord "chopper" has transported seriously ill patients to this hospital. (Another photo, page 6)

ce-a-year decision

Health benefits 'open season' now on for civilian employees

n open season, during which eligi- federal employees may enroll or nge enrollment to a new Federal loyees Health Benefits (FEHB) plan, ow underway and will close Dec.

nder open season regulations, any ble employee who is not currently tered may enroll, and an enrolled loyee may change from one plan to ther, or from self only to self and ily, or any combination of these. se employees who do not wish to e a change in current enrollment d take no action during this open son.

Distribution of open season ature is being,or has been made, ugh administrative offices. This r, each employee should receive a ket containing the following terial:

- The Booklet, enrollment Informa- and Plan Comparison Chart (BRI -331), containing enrollment ructions and a comparison chart of major benefits of all FEHB plans;

- BRI 41-212 biweekly (or BRI 41- 3 monthly) list of premium rates for plans.

The comparison chart in BRI 41- 1 gives employees general descriptions of the benefits of each plan available. It can also be used to compare benefits among plans. However, since this booklet contains only a general description of plan benefits, do not reply solely upon it when deciding to enroll in or change enrollment to another plan. It is also important to remember that only you can decide which plan is best for you and your family.

If, after examining the comparison chart, you decide that you are interested in enrolling in, or changing to, a particular plan, consult the brochure of the plan for a complete description of benefits. Brochures will be available for your inspection at Civilian Personnel Service. However, due to the limited quantity available, brochures must be returned after you have reviewed them. For those employees who are considering enrolling in or changing to another plan, you should remember there are four types of plans available under the FEHB Program: Service Benefit Plan (Blue Cross/Blue Shield—provides benefits through direct payment to doctors and hospitals); Indemnity Benefit Plan (Aetna—provides benefits through direct payments to doctors and hospitals); Employee Organization Plans (provides benefits by reimbursing you, or at your option, doctors or hospitals. Some of these are open to all federal employees, regardless of agency or occupation, while others are open only to a certain group of employees. Generally, you must be, or must become, a dues-paying member of the organization in order to join the plan it sponsors); and Comprehensive Medical Plans/Health Maintenance Organizations (Kaiser, etc.—delivers health care services in addition to providing coverage).

Employees wishing to enroll or change their enrollment must complete a Health Benefits Registration, Form 2809. These forms are available from Civilian Personnel and must be completed and submitted to that office prior to the close of business on the last day of the open season.

New enrollments and changes in current enrollments elected during the open season will become effective in January (first day of the first pay period beginning after Jan. 1).



SERENE SETTING—Our branch clinic on Rough and Ready Island is situated on a pleasant, tree-lined street. For story on Naval Communications Station, Stockton clinic, see Page 4.

Editorial---

Reporting waste, fraud

Hotline callers save US bucks

If a fast buck can be made illegally, the odds are good that some one will try to make it. Maybe that's not Murphy's law, but it's true just the same.

That's why the DoD Hotline was created, to ferret out the ferrets who are trying to come up with get-rich-quick schemes at the taxpayers'—that's us, pardner—expense.

In the 3-month period ending July 31, 1982, 508 calls were received on the DoD Hotline to report fraud, waste and abuse. Of these, 238 provided sufficient specific information to warrant further inquiry and action.

Hotline officials recently reported the following two examples of positive results gained through the program:

A caller complained that two companies were owned by the same individual, including one company that existed in name only. Both companies allegedly bid competitively on the same contracts to create the illusion of competition. In addition, it was alleged that kickbacks were paid to DoD buyers.

An investigation of this case uncovered cost overcharges of 30 to 40 percent and a former Defense employee has admitted to receiving approximately $20,000 in kickbacks.

In a second case, a Defense employee hand delivered a contract proposal to the Hotline office which he felt was an example of waste and mismanagement. The Hotline office agreed, and a $400,000 proposed contract was cancelled with instructions to conduct the study in-house using Defense employees.

The Dod Hotline is a means for reporting crimes against the Department of Defense and the military services involving fraud, waste and the abuse of authority for personal gain.

Officials remind potential callers, however, that the hotline is NOT to be used for reporting grievances. Those who have legitimate complaints about discrimination, sexual harassment or other wrongful practices not related to fraud or waste should report them through appropriate command channels.

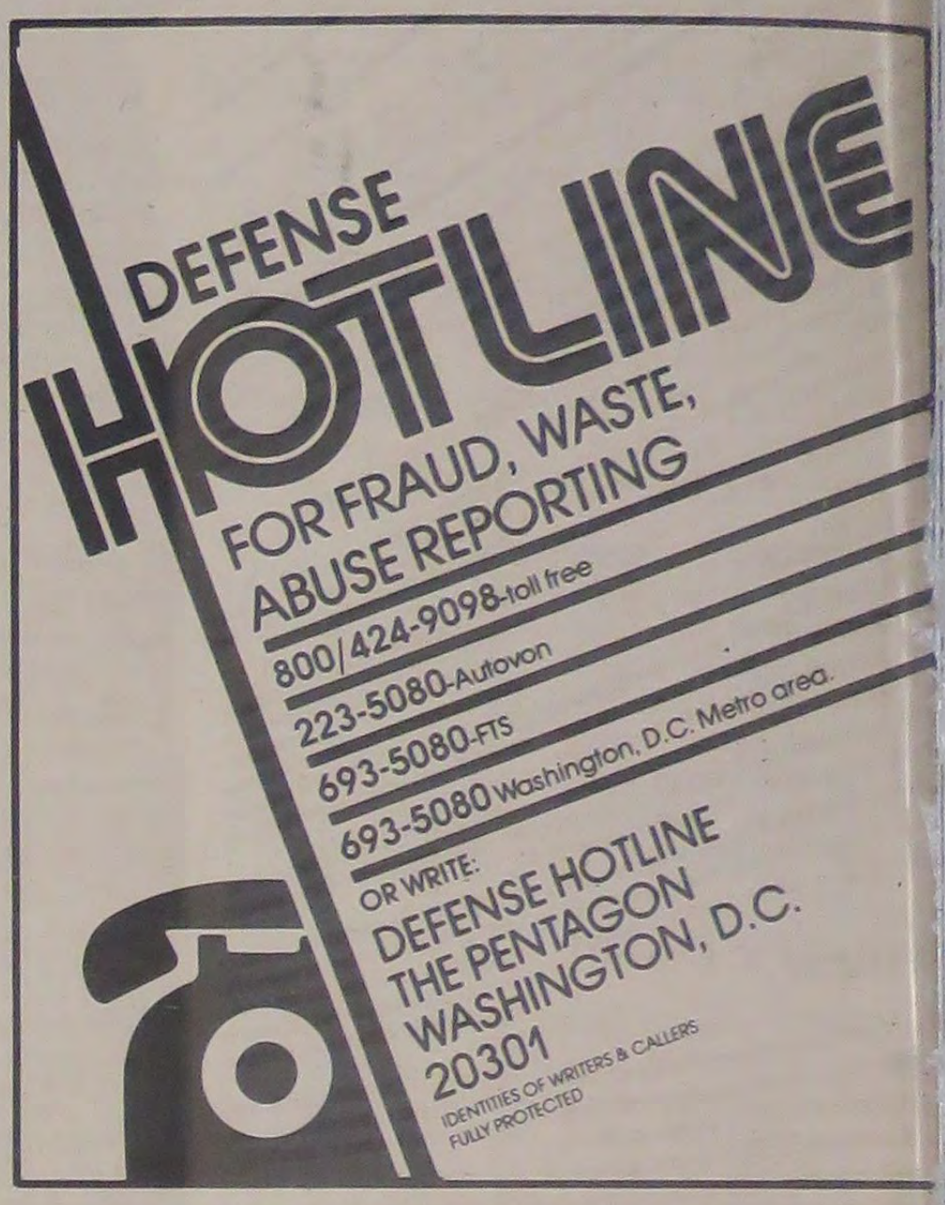
If you do become aware of a crime involving fraud or waste of DoD property or resources, report it promptly using the following telephone numbers or address. (You are not required to reveal your identity when calling or writing.)

Call:

800-424-9098 (TOLL FREE)
693-5080 (Washington area)
223-5080 (Autovon)

Or write:

Defense Hotline
the Pentagon
Washington, DC 20301



How's your attitude at work?

Attitude towards the job is perhaps the most important factor in accident prevention. Groups influence attitudes. Since attitudes are influenced by people from whom man associates and works, it can be understood how he will work carelessly and without proper precautions, if reckless behavior is condoned. If the group doesn't believe in accident prevention, the individual will generally go along with the group's views. The individual may adopt this attitude. The supervisor's attitude of "Don't do as I do, do as I say," will not work. People develop attitudes by the examples of others.

We hear the old adage, "Familiarity breeds contempt," and this is valid in safety. Refusal to use correct tools, work procedures and safety equipment, and failure to observe hazards are functions of attitude. Consequently, we cause accidents by our own devices. The environment is also a manifestation of our attitude. Cluttered aisles, uncleaned spills, unsecured items on shelves or in high places, and file drawers left open into passageways are prime examples of hazards that will cause accidents if not corrected.

A few quotes from accident reports of negative attitudes are listed:

"I told my supervisor about the walkway before I tripped and fell, why wasn't it corrected then?"

"I've lifted the same item the same way for three years. Why should I change now?"

"I didn't think I needed to wear the splash goggles. No one else wears them."

Attitudes must be changed so that there is an awareness of hazards and the threat these hazards persent.

(C. L. Watkins, Safety Specialist)

Ethics

Standards of Conduct

• Civilian and military personnel are prohibited from participating in private business or professional activity having conflict in any way with public interest or agencies of the U. S. Government.

• Navy personnel will not engage in any private business transaction or professional activity involving use or apparent use of information gained through their position.

• Navy position shall not be used in any way to induce or coerce persons or organizations to provide financial benefit to the holder of that position or any organization with which there are personal or business ties.

• This does not preclude Navy personnel from teaching, lecturing or writing nor does it preclude Navy personnel from having financial interests or engaging in financial transaction to the same extent as private citizens not employed by the Government so long as they are not prohibited by law or these regulations.

Our patients write. . .

All too often we do not take time from our busy schedule to thank and comp ment those professionals who have done an outstanding job. In this instance I wo like to pause and advise you of two outstanding medical officers on your staff.

. . .After enduring. . . for some 10 days, I obtained an appointment with your Pri ary Care Department. On Sept. 9, 1982 at 7:15 p.m., I was examined by Dr. Muslin in a very thorough and professional manner. After some discussion, Dr. Muslin decided that my case should be referred to the. . . Department on an expedited bas Upon checking with the corpsman on duty, Dr. Musliner learned that to get an ea appointment, he personally would have to call the. . . Department and set it up. Musliner kept my records and telephone number and told me that he would set the appointment and call me the next day, which he did.

Dr. Ruggles evaluated my case and determined that (other tests were required) view of the time that had elapsed since the initial attack, Dr. Ruggles decided to p form (one test) immediately. A CAT scan was performed on Sept. 13.

Of particular importance to me was the concern and professional handling of case by both doctors. . . my wife was with me and she also was impressed by th concern and dedication. Both my wife and I feel that their responsiveness was inst mental in allaying any fears that something was seriously wrong. Not only did Musliner go beyond the call of duty, but Dr. Ruggles obtained information on wh we would be over the weekend should he need to contact me.

My family and I feel very fortunate to have such fine facilities available to use a also to know that your staff has doctors of the caliber of Doctors.Musliner and R gles. We would appreciate it if you would pass on to them our heartfelt thanks a appreciation for their interest and concern.

I am confident that with health care of this caliber, your center is having a favo ble impact on the retention of active duty personnel. My family and I are m appreciative of this care and are pleased that you are able to offer it to retired p sonnel such as myself and my dependents.

James B. Harbuck
Colonel, U.S. Army (R
Moraga

NAVAL REGIONAL MEDICAL CENTER
OAKLAND, CALIFORNIA

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Commanding Officer

CAPT H. James T. Sears, MC, USN, Director of Clinical Services

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Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627

Command Line

(This column permits direct access to command executives by either military or ·ilian staff members of any grade, rate or rank. Questions on matters impacting e medical center operations as a whole, reports of incidents of abuse or fraud, or ms of concern to large numbers of the staff are invited. Please also submit recommendations and report positive information of interest to all of us. Submit comments in any legible written form to the Public Affairs Office for routing. You may remain unidentified if you so wish.)

hone book revisions

MMENT: I highly recommend that the base phone book be reformatted and dated to include names, locations and phone extensions of all key personnel, th civilian and military. The argument that the work force is too transient esn't wash. Key personnel don't rotate that often and, in any case, the phone ectory should be updated at least yearly. The reformatting should include ing by service name, with service chief indicated, and a breakdown of vidual branches or units within the service. Too, how about a cover of a distive color to make the directory instantly recognizable?

PLY: A new NRMC Oakland telephone directory has just been published and is in process of being distributed. Its cover is a bright salmon, and it should be instly recognizable. Your suggestion of including names of key personnel as a separ- listing will be considered when it comes time for next year's publication.

lore realistic sizes

MMENT: Why doesn't the Navy Exchange carry more realistic sizes in forms and street clothing? The majority of the sizes seem to be 8s and 9s I don't think the majority of the women on this base wear those sizes.

PLY: It is not the intent of the Navy Exchange to imbalance stock assortments in smaller sizes. Merchandising and seasonal transition combined with merchandise iveries has created an imbalance of sizes. Efforts to correct this have been ongofor sometime, and during the past three weeks new arrivals are beginning to cort the situation. In regard to uniforms, most sizes are in stock and any particular uirements will be met by requesting assistance through Exchange personnel.

lippery curbs

MMENT: I started working here last winter during the rainy season. I iced then that the very prettily painted curbs around the front of Bldg. 500 awfully slippery when wet. This is a real hazard that was brought to the ntion of one of the safety specialists who agreed that it was indeed a safety ard. However, nothing's been done yet about sanding or putting some kind brasive material on those curbs. Are we waiting for an injury to occur as of that something should be done before the next rainy season begins in ear- t?

PLY: Thanks for reminding us about this problem. A work request has been subed to Public Works for development of a slip-resistant surface on the curb mark-

rger exterior signs

MMENT: We need larger signs that can be read from an automobile. The ll signs that are in use are so small that you can't read them until you are t next to them. That means stopping and that is not safe.

LY: We agree with you, but it's going to take a little time. We hope you have ced the recently installed large, attention-getting directional signs for emergen- Other improvements will be made when economically feasible.

nday shopping

MMENT: Why isn't the Navy Exchange open on Sunday—at least the main hange, alternate, or Mini-Mart? Maybe even just half a day?

REPLY: Store hours are established to correlate with traffic patterns for each base. At NRMC Oakland these are mainly determined by patient appointments at the hospital, i.e., Monday through Friday. This differs from other bases where Saturdays and Sundays may be better utilized with a Monday closing along with the Commissary.

Federal Women's Program

COMMENT: Is there a Federal Women's Program Coordinator here? If so, what kind of information is distributed; what kinds of functions are held to promote the program? If there's none here, why not?

REPLY: When first established, Federal Women's Program (FWP) emphasis was awareness and visibility. Annual, even monthly, sessions were held to make managers and supervisors aware of the woman's role in the working place. At some activities where women are still not fully considered for "male only" jobs and are under-represented, this emphasis is still taking place. However, with the Civil Service Reform Act of 1978 and EEOC Affirmative Action monitoring, greater emphasis was placed on "bottom line" results.

The FWP Manager (FWPM) for NRMC Oakland is Mary Smith, who is physically located in the Equal Employment Opportunity (EEO) Office on the third deck of Bldg. 500.

The EEO program is the vehicle established to accomplish equal opportunity in employment for all employees in federal activities. Within the framework of the EEO program, the FWP exists to address the special problems and concerns of women in achieving equal employment opportunity. The overall goal of the program is to ensure that women are employed at all levels, in all occupations, and in all segments of the center.

All EEO programs at NRMCO are coordinated with the FWPM. As an EEO specialist, the FWPM is available to receive any specific concerns of women in achieving equal opportunity. A 24-hour message line is available at 639-2554.

Federal Manager's Association

COMMENT: Why isn't there a chapter here of the Federal Manager's Association?

REPLY: Because no one has ever proposed it.

Directories for pedestrians

COMMENT: We need directories for people who are walking—good, readable maps inside enclosed cases, using "you are here" phrase, to tell people where they are in relation to where they want to go. Need one at end of sidewalk before it intersects with main road; another one between PSD and PMT School, and a third between the two Credit Union buildings to identify buildings on top of that hill.

REPLY: Maps posted outdoors, even in enclosed cases, are unfortunately a prime target for vandalism. Perhaps more directional signs can be installed in the future. We'll keep your idea in mind, and thank you, by the way, for your concern for patients, visitors, and other newcomers. Help them with personal directions whenever you can.

w fitness program for Navy personnel

he Navy has established a new th and physical readiness program h will work through local comds to help personnel improve their all health. The program is detailed cently released OPNAV Instruction 0.1B.

he program's initial focus will be on sical fitness, weight control and tion. Each command will appoint a ess coordinator to establish ities in these areas. Once these rams are organized, fitness coorors will address other areas, such noking, management of stress and rtension, drug and alcohol abuse accident prevention.

avy services and community health urces at the local and state levels tually will be incorporated into nand programs.

he emphasis on quality of life will de members with fitness goals, n as decreased weight and oved cardiovascular performance.

he program's theme, fitness for emphasizes personal commitment long term goals. Having all mem- fit and functioning at their maxn potential enhances the Navy's bat readiness.

The Naval Military Personnel Command will provide technical assistance to commands to initiate and develop the program. Additional information is contained in OPNAV Instruction 6110.1B.

Questions concerning the program may be addressed to the Special Assistant for Health and Physical Readiness, Naval Military Personnel Command (NMPC-6H), Autovon 224-5742 or Commercial (202) 694-5742.

Transfer/redesignation board meeting slated

The convening date of the 1983 Transfer/Redesignation Board has been set as Feb. 6, 1983.

Applications must be received by Commander, Naval Military Personnel Command (NMPC-211) by Dec. 6, 1983 to be considered by the board. Applications received after the Dec. 6 cut-off will be deferred to the next board, currently scheduled for Aug. 22, 1983.

Oatis awarded ACD fellowship

Captain George W. Oatis, Jr., Chief of Dental Service and Head of Oral and Maxillofacial Surgery, was awarded a fellowship in the American College of Dentists on Nov. 7 at Las Vegas, as recognition of his "contributions, leadership, and fine examples as a professional person."

The American College of Dentists, organized in 1920, recognizes through fellowship those who have contributed to the advancement of humanity and the profession. Its programs include seminars and workshops and it conducts studies in associated areas of interest to dentistry and service to the public. Fellowship in the college is by invitation only.

Dr. Oatis, assigned here since 1978, has 19 years of service in the U. S. Navy. Prior billets include NRMC Long Beach where he was Assistant Head, Oral and Maxillofacial Surgery, 1972-74, and NRMC San Diego, where he was head of the same specialty from 1974 to 1978.

A graduate of the University of Maryland where he earned his D.D.S., the Dental Corps captain completed residencies at Johns Hopkins Hospital, University of Alabama and Naval Hospital, Philadelphia.



Flying and skiing are his hobbies. He is a flight instructor and owns an acrobatic airplane. His civic volunteer service includes the Boy Scouts, and his church, where is a warden and lay reader.

He and his wife Nini make their home in Moraga. They are parents of three grown children.

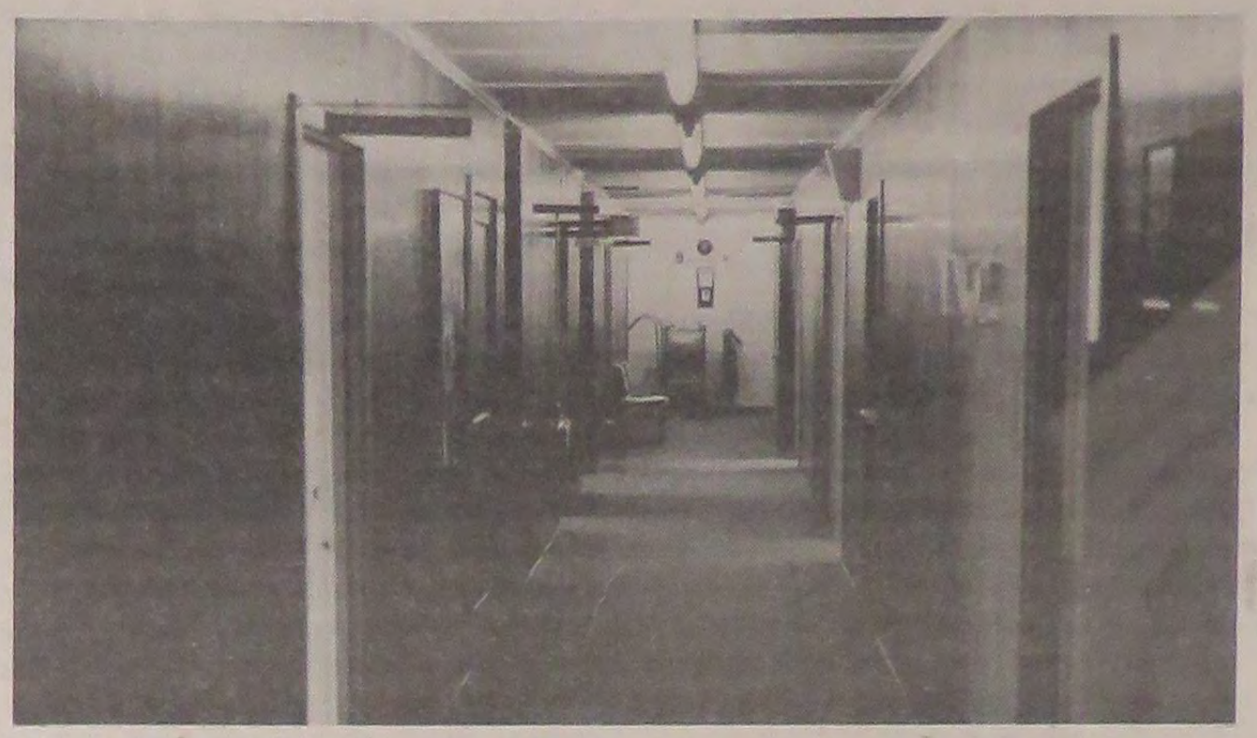
Our branch activities

Clinic situated on island named for Zachary Taylor

Naval Regional Medical Center Oakland's Stockton Branch Clinic is located on Rough and Ready Island, four miles west of the city of Stockton.

Rough and Ready Island was first settled in 1850, and named in honor of General Zachary Taylor, 12th President of the United States. The 1,433-acre island's first military installation was built after World War I. In 1960, the Naval Communications Station headquarters moved to the island, and at present, is host to 10 tenant commands. Approximately 400 acres of the island are leased for local farming, and there is also a large wildlife preserve.

The branch clinic itself is 5,350 square feet, with a modestly sized laboratory, x-ray and pharmacy, staffed in support of a full-time physician.



ATTRACTIVE CORRIDOR—Interior of NAVOMSTA Stockton Branch Clinic features wood paneling and clean, uncluttered lines.

Outpatient medical care and referral where necessary, is provided for active duty, retired military personnel, and their dependents living over a 50 square mile area. The clinic provides physical examinations, industrial monitoring and emergency treatment of work-related illness or injury to more than 2,000 federal employees. Additionally, the clinic is the Naval Regional Medical Center's liaison with all commands in the area on medical matters.

The staff consists of Dr. William Babaian, Senior Chief Hospital Corpsman Joe Eastham; Hospital Corpsmen First Class Angelo Manlutac, Denise Pierce and Peter Franke; Hospital Corpsman Third Class Melvin Williams and Ms. Lisa DuBois.



DISTINGUISHED SERVICE AWARD—Safety Director Matthew Riley displays a plaque recently awarded by the U. S. Department of Labor to Naval Regional Medical Center, Oakland, "for dedicated personal leadership in the implementation of occupational safety and health programs within the Federal Government." The Distinguished Service Award will soon be displayed in the hospital's main lobby.

Update on Navy uniforms

Navy uniforms have undergone some changes recently. To keep Navy members up to date on the changes in enlisted and officer uniforms for both men and women, NES is providing the following checklist. These changes are also outlined in BUPERSNOTE 1020 of Sept. 13, 1982.

• **Sandardized Fabric for White and Khaki.** A new fabric has been selected to become the standard for white and khaki uniforms for officers and chief petty officers. It is a 100 percent polyester texturized woven fabric. This fabric will be available in service dress white, summer khaki and summer white in exchanges in March 1983. The above mentioned uniforms are authorized in all existing fabrics until April 1, 1985, at which time the new fabric will be required. Polyester/cotton will remain available indefinitely as the standard for working khaki and female summer white "bravo."

• **Iron-on Breast Insignia.** Qualified individuals are authorized to wear iron-on versions of the enlisted surface warfare specialist, aviation warfare specialist and enlisted submarine insignia on chambray shirts. The insignia will be worn one-quarter inch above the stenciled name above the left breast pocket. No metal breast insignia will be worn on chambray shirts. The iron-on insignia may be purchased at any Navy Exchange uniform shop.

• **Collar Devices.** Collar devices for wear on the blue and khaki windbreakers are currently optional for E-4-E-9s. They are worn in the same manner as collar devices on the short-sleeve white and khaki shirts. The collar devices will be required beginning Jan. 1, 1983.

• **Apprentice Training Graduate Badges.** Authorized for wear for E-1 through E-3s who have completed apprentice training. The badge is worn above the group rate mark in the same manner as the striker's mark until a striker's mark is earned or paygrade E-4 is achieved. Apprentice training badges will be required beginning Jan. 1, 1983.

• **Jumper-Style Uniforms.** The jumper-style uniforms were prescribable beginning Oct. 1, 1982, for all men E-5 and below. Men in this category are required to have one set of blue and one set of white jumper-style uniforms and may be required to wear them at any time. The coat-style uniform is no longer authorized, but summer blue, winter blue, and summer white uniforms will still be prescribable.

• **Service Dress White.** The service dress white uniform will become prescribable beginning April 1, 1983, for chief petty officers. This date was selected to allow the uniform to be purchased in the new woven polyester fabric that will become the standard by spring 1985. The Navy uniform regulations contain further details on wear.

• **Rating Badges.** Rating badges made of the new woven polyester fabric are currently available for Navy women. The badges are designed to be worn on the optional open collar white shirt of the same fabric and will be required on the shirts beginning Jan. 1, 1983.

• **Gold Rating Insignia.** All former Marines and Marine reservists who join the Navy and qualify for gold rating insignia and service stripes by having fulfilled the requirements for good conduct in the U. S. Marine Corps are authorized to wear gold rating badges and service stripes.

• **Women's White Shirts.** White shirts with epaulets are required for wear with the summer blue and summer white uniforms and authorized for wear with the service dress blue and service dress white uniforms. White shirts with epaulets will be required for wear with service dress blue and service dress white uniforms after Jan. 1, 1983. **(NES)**

Chemist, computer positions open here

There are currently openings at Naval Regional Medical Center Oakland for a Chemist, GS 9 or 11, and a Computer Specialist, GS 7 or 9, for career and career conditional employees of federal activities, reinstatement eligibles, or applicants within reach on the Office of Personnel Management register.

Applications will be received through Dec. 5 for the Computer Specialist job, which is located in the Clinical Systems Branch of Management Information Service.

Applications will continue to be accepted for the chemist job until the position is filled. The job is located in the Drug Screening Laboratory.

For further information on either of the two vacancies, call Christine Lessler, Civilian Personnel Service, 639-2116.

More job openings--some at clinics

Applications will close Dec. 1 for the job of Health Technician, GS-5, at the Naval Supply Center Branch Clinic; Payroll Clerk, GS4 or 5, Comptroller's Service; and Claims Clerk (Typing), GS-4 (two vacancies), in Patient Affairs Service.

Job applications will be accepted until the position of Therapeutic Radiologic Technologist, GS-6, is filled in Radiology Service at Oak Knoll.

Also open until Jan. 19, 1983 are Medical Clerk and Medical Clerk (Typing), GS-4 positions at Oak Knoll and at the Alameda, Concord, Mare Island, Moffett Field, Naval Supply Center and Treasure Island branch clinics.

Point of contact for all of the above vacancies is Maurine Tinsley, Civilian Personnel Service, 639-2116.

Matrimonial Bond



Take stock in America.
UNITED STATES SAVINGS BONDS

U.S. Savings Bonds interest increased

As of Nov. 1, all Savings Bonds purchased and held for five years began to earn 85 percent of the average yield on Treasury marketable securities.

The rate will be adjusted every six months to reflect the average yield. The rate for the current six-month period is 11 percent. There is no upper limit on how much bonds will be able to earn, but there is the protection of a minimum guaranteed rate of 7.5 percent. In other words, should interest rates drop to six or seven percent, Savings Bonds will continue to earn 7.5 percent.

Older bonds automatically will benefit from the new market rate if held five years.

Red Cross cites five who died in Vietnam

A special annual memorial service for American Red Cross personnel who died in Vietnam was held at the National Headquarters in Washington, D.C., last month.

This year's ceremony included a presentation by their colleagues who served overseas, of a special bronze plaque in memory of the five staff members of the American Red Cross who died in Vietnam in service to the Armed Services.

Kudos.....

NAVY ACHIEVEMENT MEDAL
LT Steven A. Meyers, MC
NAVY COMMENDATION MEDAL
LCDR Charles L. Blankenship, Jr., MC
LETTER OF COMMENDATION
Bertha Ochoa, Student Aid in Supply Service
OUTSTANDING PERFORMANCE
LCDR Dale L. Holm, MSC
CIVILIAN SPECIAL ACHIEVEMENT AWARDS
Marcia Lucas, Operating Management
Carol Shore, Nursing Service
LETTERS OF APPRECIATION
CDR Raymond L. Lilly, MC
LCDR Charles L. Blankenship, Jr., MC
LCDR James K. Schmidt, MC
LCDR Bonnie B. Potter, MC
LCDR John D. Derr, MSC
LCDR Kevin H. Ruggles, MC
LCDR Michael J. Little, MC
LT James K. DeMarco, MC
LT Ramon A. Urdaneta, MC
LT Gail M. Gullickson, MC
LT Elaine M. Copeland, MC
LT Theresa L. Finch, NC
LT Karen Nielson, NC
LT Elaine M. Schaer, NC
LT Dennis L. Jordan, NC
LTJG Roger D. Cagle, NC
ENS Nina M. Premo, NC
ENS Mark O. Boman, MSC
HM3 Dave R. Gauthier, USN
HM3 Steven H. Shafer, USN
HN Larry W. Steward, USN
HN Jacqueline S. Dowrick, USN
HN Vivia A. Reily, USNR
HN Allen L. Jensen, USN
HN Teodoro J. Tiglao, USN
HN Patrick S. Early, USN
HM2 Margie Waters, USN
MERITORIOUS UNIT COMMENDATION RIBBON
LCDR Monroe C. Whitman III, MC
GOOD CONDUCT AWARDS
HM2 Katherine Hesterman
HM2 Margie Waters
HM2 Beth Sclar
HM2 Mark Tourville
HM3 Perry Wein
HM3 Charles Tucker
ADVANCEMENTS
HM3 Linda Cates
HM3 Carie Findley

Comings and Goings-----

"Fair winds and following seas" o the following personnel who have ecently departed this command:
LCDR David Thompson, released rom active duty.
LT Susan Goodwin, released from ctive duty.
HM2 Manuel Hernandez, released rom active duty.
HM3 Mary Buhalog, released from ctive duty.

• • •

"Welcome aboard" to newly-rrived:
CAPT Kenneth Scheidt, ACDUTRA uclear Medicine.
CAPT Samuel Powers, Occupational ealth.
CDR Elizabeth Stockmoe, Physical herapy.
CDR Edward Masse, Pastoral Care.
SK2 Gwendolyn Morgan, Drug creening.
HN Jesse Friesen, Nursing Service.
HM3 Cindy Wiley, Lab Service.
HM3 John D'Angelo, X-Ray.
HM3 Edward McCalley, X-Ray.
HM3 Darmon McClintock, X-Ray.
SK3 Helen Betts, Drug Screening.
MAC Rodolfo DeJesus, Security.
HN Major Suttles, Nursing Service.

Equal opportunity specialists needed

The Navy Equal Opportunity ogram is currently being expanded to tter respond to the needs and cir-mstances of the local command. The vision will require quality, career-inded personnel in billets as Equal pportunity Program Specialists OPS). The EOPS will help Command-g Officers to monitor and implement avy Equal Opportunity efforts. The ecialists will be assigned for one tour a major staff or large command, float or ashore, and at overseas loca-ons. Following this tour, they will turn to duties in their rating specialty.
Qualifications for EOPS personnel ay be found in the Trans Man, hapter 9.20. There is a wide variety of bs available for personnel entering e program. Personnel seeking more formation on the program should ntact their Command Career Coun-elor, or call the Special Programs etailer at Autovon 225-9316/225-982 or Commercial (202) 695-316/695-2982.



BOMAN'S BULL—Ensign Mark Boman became possessor of the Medical Service Corps bull when its former custodian, Ronald Logan of Pharmacy, was promoted to LTJG. The command's new bull ensign is Chief of Military Manpower Service.

SRB requests will require 'precertification'

New Selective Reenlistment Bonus (SRB) procedures, requiring "precertification" of SRB requests, will become effective Dec. 1. The new procedures are being implemented to improve accuracy of bonus payments and optimized management of available funds.

Under precertification procedures, commands will submit data in a formatted message to the Enlisted Personnel Management Center (EPMAC Diary New Orleans), the Navy Finance Center (NFC) and Commander, Naval Military Personnel Command (NMPC-483). NFC will compare the information to pay record data and provide a precertified bonus amount to NMPC for approval.

Selected units in the Atlantic Fleet have been testing the SRB Precertification System since Nov. 1. Precertification of all SRB requests will become mandatory throughout the Navy Dec. 1.

NMPC will continue to be the point of contact regarding SRB authorization requests. Specific details and guidance are available in the recently revised SRB instruction, OPNAVINST 1160.3A of Oct. 27, 1982.

Remember: JCAH is still coming!

New PT head wears Army medal

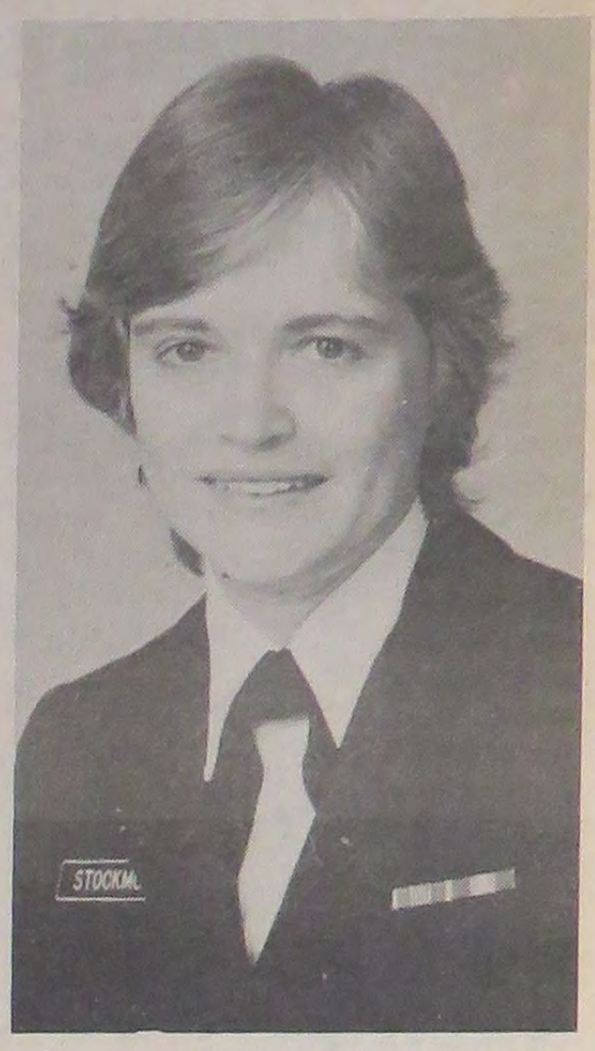
Commander Elizabeth A. Stockmoe, new head of Physical Therapy, holds an Army (yes, that's right, Army and not Navy) Commendation Medal. Although she has never served in the ground service, she earned the medal for her contributions while assigned as a Navy officer with the Army's Academy of Health Sciences at Ft. Sam Houston, Tex.

The physical therapist, who arrived here in late October from a previous billet with National Naval Medical Center, Bethesda, is originally from Windsor Locks, Conn.

She is a graduate of Tufts University and has been in the Navy for 16 years. Additional duty stations have been with Naval Hospital, Great Lakes, Ill.' Naval Hospital, Quantico, Va., and Naval Regional Medical Center, Charleston, S.C.

Commander Stockmoe and her husband Lyle are making their home in San Ramon. The couple has six children, and the physical therapist is also a step-grandparent.

Off-duty interests are camping and bowling.



CDR E.A. Stockmoe

MTMC issues holiday travel tips

The Military Traffic Management Command is urging servicemembers to carefully plan their trips and make reservations, as early as possible for leave travel during the holiday season. This should make it easier to shop around for the discount fares available to military personnel traveling on leave at their own expense and help avoid some of the rush and congestion at transportation terminals.

Fare discounts, ranging from 25 to 50 percent, are available on most airline and Amtrak routes. Travelers should check with their local Scheduled Airline Traffic Office (SATO), travel agent or airline to make sure they are getting the best price available, since many promotional fares may be even lower than the military discount.

Many services are available to military members and their families transiting airports around the country. The United Service Organizations (USO) has centers in 18 U.S. airports and five terminals overseas. The centers provide information, refreshments and recreation facilities. Some have babysitting services, nurseries and interpreters. Hours vary from center to center, but all are open during heavy traffic hours.

Personnel who experience service-related problems during their travel can get help at the military information desk located in major U. S. air terminals. Assistance can also be obtained from the nearest military installation, regardless of the traveler's own branch of service. Additionally, the American Red Cross, Traveler's Aid and the various USO Centers listed in local telephone directories are available for help.

Military personnel are urged to report excellent service or travel problems to the Military Traffic Management Command (MTMC), Washington, D.C. 20315, on a DD Form 1341, which can be obtained from your local transportation office. MTMC uses these reports to ensure that servicemembers continue to receive high quality service.

Tuition aid available

Tuition assistance is available for Navy personnel enrolled in approved off-duty education and training courses. Tuition Aid, a Navy CAMPUS Program, pays tuition costs and related fees for Navy personnel enrolled in accredited colleges, universities, trade, technical and public schools.

Personnel enrolled in high school completion courses receive 100% tuition aid. Enlisted members E-5 or above, with less than 14 years service, receive 90% of tuition costs. Officers and other enlisted taking post-secondary courses receive 75%. Officers incur a two-year service obligation following the completion of the training.



NEW PROGRAM COORDINATOR—LCDR Julia Washington (left background), Diabetic Nurse Educator who has collateral duty as the Command Coordinator for Equal Opportunity Programs, meets with a Navy Medical Command EO representative from D.C., and members of the local training team.

Military families near service hospitals must use them in lieu of CHAMPUS

The Department of Defense has instituted several cost reduction initiatives in the Civilian Health and Medical Program of the Uniformed Services (CHAMPUS) to provide better use of the department's health care dollars.

Deputy Secretary of Defense Frank C. Carlucci said the overall thrust of the new initiatives will be to **reduce the use of civilian medical facilities by military families who reside within 40 miles of a military hospital** and preserve CHAMPUS benefits for those families who live too far away to use military hospitals.

Certain cost-saving measures such as tightening up on the non-availability statements have already gone into effect. These statements are required before families who live within 40 miles of military hospitals can get non-emergency inpatient care in civilian hospitals, and will only be used when the needed care cannot be provided by the military hospital.

The following new initiatives will be implemented, with **some starting Jan. 1, 1983** and others being phased in over the next two years.

Zip codes to determine non-availability statement requirement

The zones around all military hospitals within which residents must get non-availability statements will be changed in the coming months.

Rather than the 40-mile radius by air that presently determines the zones, a new system of adjacent zip codes will be issued. This will mean that additional families in outlying areas will be required to obtain non-availability statements before using civilian hospitals for non-emergency inpatient care under CHAMPUS. Families on the periphery of the present zones, that is **those who live approximately 35 to 50 miles from military hospitals, will have to check with the local military hospital to find out if their homes fall within the new boundaries.** Start up dates and other details will be released before the new system goes into effect.

New medical service area for Washington, D.C.

The zones around the five military hospitals in the Washington, D.C. area, in which residents must obtain non-availability statements will be redefined into one large medical service area. As of Jan. 1, 1983, non-availability statements will not be issued if any of the five hospitals can provide the needed care.

Non-availability statements needed for outpatients in three cities

The Army, Navy and Air Force will each designate one of their hospitals around which non-availability statements will be required before nearby military families can use civilian facilities for outpatient care. The three hospitals should be designated within the next two months. Details on this initiative will be released at a later date.

Study of caps on CHAMPUS use in four cities

The cost-saving implications of limiting the use of CHAMPUS funds will be studied in the zones around the military hospitals in Denver, Seattle, **San Francisco,** and San Antonio. Under this study, limits will be set on the number of non-availability statements for which CHAMPUS funds would be used. It is important to note that the study **will not limit the availability of necessary civilian or military care to** beneficiaries, rather **it will examine alternative ways to pay for the civilian care.**

National goals set to reduce non-availability statements

Each military service will set goals for reducing the number of non-availability statements issued by military hospitals in Fiscal Year 1983.

Services to pay for care near service hospitals

Each military service has been encouraged to work with the Assistant Secretary of Defense (Health Affairs) to study the possibility of reallocating funds so that **each military hospital can assume the fiscal responsibility for health care received at civilian facilities by those military families residing within the approximately 40 mile zones around its hospitals.**

Contracts with local health professionals

The Department of Defense is exploring ways to contract with local civilian health professionals **to expand the military hospital system's capacity** to provide care for more patients.

"These and other cost-saving initiatives on the part of the DoD and the military services," Mr. Carlucci said in conclusion, "are critical to controlling the awesome spiral in our health care costs. Hopefully these moves will allow us to preserve the present level of benefits for military families everywhere."

Assertion training available for those who feel isolated

Do you sometimes feel taken advantage of? Are you someone who is still thinking about what you could have said or how you could have behaved three hours after an incident has happened? Have you ever gotten angry and blown up at something that should not have caused such an extreme reaction? These are a few of many indicators that suggest you may not be behaving in an assertive manner.

What is assertive behavior? Literature on assertion training distinguishes between nonassertive, aggressive and assertive behavior. When a person behaves nonassertively, he or she is self-denying and inhibited from expressing his feelings. The nonassertive individual often feels anxious and hurt as a result of inadequate behavior and allows other people to make choices for him. He tends to avoid many social situations because of his anxiety.

The aggressive individual may appear expressive and to get what he wants in the short run, but he, too, has problems behaving assertively. Contrary to popular belief, aggressive behavior is not assertive behavior. Aggressive behavior tends to hurt others and results in people avoiding the individual. While the nonassertive individual appears to have no respect for himself, the aggressive individual shows no respect for others. Both nonassertive and aggressive behavior can result in social isolation.

Assertive behavior, on the other hand, allows the individual to express his feelings, and maintain respect both for the individual and the person with whom he is dealing. The individual who behaves assertively feels good, makes his own choices, and often achieves his goals.

What is assertion training and how can it help? Assertion training focuses on social skill learning and anxiety reduction. It teaches the individual: (1) to become aware of one's personal rights and to behave in ways that respect one's own rights as well as the rights of other people; (2) to recognize nonassertive, aggressive, and assertive behavior; (3) to identify and reduce thoughts and feelings that hinder assertive behavior; and (4) to develop assertive behavior by role-playing techniques.

In addition to enhancing one's self esteem in relations, assertion training can result in the reduction of somatic complaints that are often physical correlates of internal stress. As guilt and anxiety are reduced, symptoms such as headaches, back and neck aches, gastric distress, and general fatigue may improve.

Where can you get help or find out more about assertive behavior? The Outpatient Psychiatry Department is offering an assertion training group beginning Friday, Dec. 3, at 9:30 a.m. in the department on the fourth deck. The group will be led by Mavis Mizumoto, M.A., psychology intern, and classes, not to exceed two hours each weekly session, will run 6-8 weeks. Please call 639-2187 if you have any questions or to arrange for a screening interview.

New CHAMPUS claims processor

Beginning Jan. 1, 1983, Blue Cross of Washington/Alaska will be the new claims processor for four Southwestern states. They will meet with military sponsors and their families including those in Oakland, over the next few weeks to explain the transition from the present processor, Blue Shield of California.

Persons living in Arizona, California, Nevada and New Mexico will be affected by this change. CHAMPUS beneficiaries should continue to send their CHAMPUS claims to Blue Shield of California for processing through Dec. 31, 1982.

A transition meeting for CHAMPUS beneficiaries will be held at 7 p.m., Dec. 2, in Oakland at the Travelodge, 150 Hegenberger Road.

For more information, CHAMPUS beneficiaries may call the Health Benefits Advisor at each local military installation.

Beginning Jan. 1, 1983, Blue Cross of Washington/Alaska will offer a toll-free telephone number for the use of military families in the four states mentioned. The number is: 800-426-802.

The new claims processor's mailing address for California is Blue Cross of Washington/Alaska, P.O. Box 1231, Seattle, Wash. 98111.

Tougher sentences for drug convictions

Sentences for military people convicted of drug offenses are much tougher as the result of a Oct. 1 change to the "Manual for Courts-Martial." President Ronald Reagan has issued an executive order amending existing regulations and clarifying prosecution and sentencing procedures for military members charged with a contraband drug offense.

Formerly, naval personnel charged with drug offenses were prosecuted under Article 92 of the UCMJ for violations of U. S. Navy Regulations, which permitted a maximum penalty of two years confinement. As a result of the recent change to Navy regulations, prosecutions will now be conducted under Article 134 of the UCMJ, a general article, with much harsher punishment limits.

The effects of the executive order are far reaching. Not only are the maximum possible sentences longer, but the change to the "Manual for Courts-Martial" provides definitions of all drug offenses. Manufacture (including growing), distribution and possession or introduction with the intent to distribute controlled substances are defined as offenses. The offense of distribution, which includes sale or any *transfer* of drugs, eliminates the so-called "agency defense" to a sale. An agency defense was a sale in which the accused was only the middleman to a drug transfer; "I was only holding it for my buddy" is now prosecutable under the distribution statute.

The new sentences are:

- Up to 15 years at hard labor, dishonorable discharge and forfeiture of all pay and allowances for convictions

(Continued to Page 7)



LENDING A HAND—An Army aircrewman helps Navy medics roll a patient to a waiting ambulance shortly after a helicopter medevac from Fort Ord to Oak Knoll.

You'll Be Glad You Used Your Head As A Hatrack!



★ ★ ★ MOVIES ★ ★ ★

Friday, Nov. 26, 6:30 p.m.—BLAZING SADDLES—Mel Brooks, Cleavon Little—stern Comedy/R
Saturday, Nov. 27, 1 p.m.—DUNDERKLUMPEN—Animated-Adventure/G
Saturday, Nov. 27, 6:30 p.m.—THE NESTING—Robin Groves, Christopher omis—Horror/R
Sunday, Nov. 28, 6:30 p.m.—SEPARATE WAYS—Karen Black, Tony Lo nco—Drama/R
Monday, Nov. 29, 6:30 p.m.—NIGHTHAWKS—Sylvester Stallone, Billy Dee liams—Drama/R
Tuesday, Nov. 30, 6:30 p.m.—MISSING—Sissy Spacek, Jack Lemmon—na/PG
Wednesday, Dec. 1, 6:30 p.m.—ROBIN HOOD—Animated-Adventure/G
Thursday, Dec. 2, 6:30 p.m.—PRIVATE LESSONS—Sylvia Kristel, Howard sseman—Comedy Drama/R
Friday, Dec. 3, 6:30 p.m.—DELIVERANCE—Burt Reynolds, Jon Voight—Drama/

Saturday, Dec. 4, 1 p.m.—TREASURE ISLAND—Jacques Monod, Ivor Dean—venture/G
Saturday, Dec. 4, 6:30 p.m.—THE HAND—Michael Caine, Andreal Marcovici—riller/R
Sunday, Dec. 5, 6:30 p.m.—DEADLINE—Barry Newman, Bill Kerr—Drama/R
Monday, Dec. 6, 6:30 p.m.—HAPPY BIRTHDAY TO ME—Melissa Sue Anderon, Glenn Ford—Horror/R
Tuesday, Dec. 7, 6:30 p.m.—AUTHOR, AUTHOR—Al Pacino, Dyan Cannon—medy/PG
Wednesday, Dec. 8, 6:30 p.m.—RATTLERS—Sam Chew, Elizabeth Chauvet—ama/R
Thursday, Dec. 9, 6:30 p.m.—BAMBI—Animated—G

anta's mailbag getting in gear

Children can receive a letter from nta complete with North Pole stmark, thanks to the Military Airlift mmand's Detachment 2, 11th Air eather Squadron at Eielson AFB, aska.

What began in 1954 as a program children of U.S. servicemembers tioned overseas blossomed into an nual project bringing good cheer to usands of children over the world.

It's Santa's Mailbag Program, and it rks this way:

Children write a letter to Santa us. Relatives or friends answer the er as if it were from Santa, then d the letter, inside a stamped velope addressed to the child, to tachment 2, 11th Air Weather Squadron, Eielson AFB, Alaska 99702.

Answers are returned with Santa art work and the North Pole postmark stamped on the envelope.

Occasionally letters are received without the letter from a relative or friend or with no return stamp. When this happens, volunteers reply with a form letter. They do it all on their off-duty time, and receive no funds from the government. Donations from friends and base members usually help pay for stamps.

Santa's "helpers" urge parents to be sure to **include the self-addressed stamped envelope and the return letter and to mail before Dec. 1**, so letters can be returned by Christmas.

ougher drug sentences

(Continued from Page 6)

wrongful distribution, or with the ent to distribute, the wrongful session, manufacture or introduc- of amphetamine, cocaine, heroin, ergic acid diethyl amide, marijuana, thamphetamine, opium, phencyc- ne, secobarbital, and schedule I, II d III controlled substances.

• Wrongful distribution or with the intent to distribute, the wrongful possession, manufacture or introduction of phenobarbital and schedule IV and V controlled substances, as maximum punishment of dishonorable discharge, forfeiture of all pay and allowances and confinement at hard labor for up to 10 years.

• Wrongful use, possession, manufacture or introduction of amphetamine, cocaine, heroin, lysergic acid diethyl amide, marijuana (except possession of less than 30 grams or use of marijuana) methamphetamine, opium, phencyclidine, secobarbital and schedule I, II, and III controlled substances are punishable by dishonorable discharge, forfeiture of all pay and allowances and confinement at hard labor for up to five years.

• Wrongful possession of less than 30 grams or use of marijuana, and wrongful use, possession, manufacture or introduction of phenobarbital, and schedule IV and V controlled substances are punishable by dishonorable discharge, forfeiture of all pay and allowances, and confinement at hard labor for a maximum of two years.

If the offense is committed while "the accused is: on duty as a sentinel or lookout; on board a vessel or aircraft used by or under the control of the armed forces; in a hostile fire pay zone; or in time of war, the maximum period of confinement at hard labor and forfeiture of pay and allowances authorized for such offense shall be increased by five years."

The changes are significant. The executive order and subsequent changes to Navy regulations clarifies that all drug offenses are prosecutable under Article 134 of the UCMJ and subjects all naval personnel to increased punishment under this change to the "Manual for Courts-Martial." **(NES)**

wo-for-one dinners offered

The Carriage Trade Dinner Club is offering a holiday special for military and DoD ployees. For $12.50, (regularly $20) a card entitles you to over 55 free dinners in y Area restaurants. The free dinner is on a two-for-one offer.

The offer is available thru Special Services until Dec. 15. For more information call lly at 639-2479.

SAN JOSE ☐ EAST BAY ☐ ★ ★ SPECIAL DISCOUNT ★ ★

1. Name _____
Address _____ Apt. No. _____
City _____ Zip _____

SAN JOSE ☐ EAST BAY ☐

2. Name _____
Address _____ Apt. No. _____
City _____ Zip _____

Make your check payable to REC FUND, NRMCO for each membership and mail to: ~~2617 Pleasant Hill Road Pleasant Hill, California 94523~~ SPECIAL SERVICES, BLDG. #38

Please list additional memberships on a separate sheet and enclose.

Chaplain's corner

Thanksgiving—EVERY day

By Father Edward J. Masse
LCDR, CHC, USN

Perhaps we Americans have been blinded by the rapid growth of our nation and have lost sight of the original meaning of Thanksgiving. Sometimes we get confused in the "big sell," the holiday cards, fake pilgrims, pumpkins and turkey but this isn't the real meaning of this great holiday. Let's look back in history and see what we can learn from our pilgrim fathers.

The day began as an authentic demonstration of Thanksgiving by the settlers of Plymouth, Massachusetts. In 1620, the year before the first observance, those brave and noble people reached a shore, uttered their thanks and continued their journey of freedom. They had discovered land and new life. Today, there is a rock which Americans have named, "Plymouth Rock," marking the traditional landing place. There is no church, only a rock. Yet, the gathering of pilgrims is strangely reminiscent of the large assembly of Israelites before the temple Solomon built. In both gatherings, people offered thanks to the Lord; in another sense, both groups had arrived at—the full meaning of life with God.

Life with God means acknowledging our dependency on the Supreme and rendering proper thanks and praise always. Thanksgiving is just one reminder of how great our God is. As Americans, we have many blessings such as freedom, peace and justice for all and with such marvelous signs of His love we need to celebrate Thanskgiving—not just once a year, but every day of our lives.

Navy personnel receive 'snapshots'

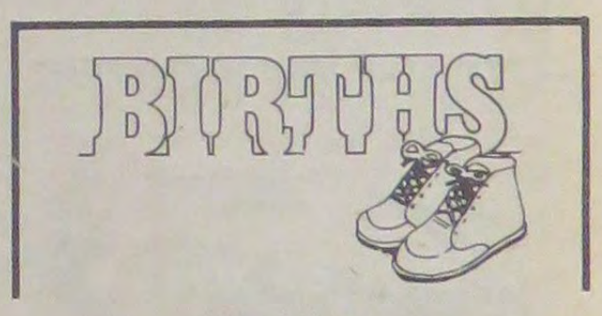
All Navy members on active duty will receive a "statement of Military Compensation" this month. The statements, which will reflect a Oct. 31 "snapshot" of the value of an individual member's compensation package, commonly are provided to employees in private industry and now will be issued yearly to active duty personnel.

Included in the three-page document are sections named "direct compensation," which itemizes basic compensation elements common to all members; "indirect compensation", which assigns a cash value to government-funded items such as retirement pay; "expense allowances," which itemizes reimbursements such as variable housing allowance and family separation allowance, and "additional considerations programs," which attaches a value to benefit programs and other considerations associated with military service.

For the direct and indirect compensation categories and expense allowances, dollar amounts will be centrally computed for each individual. Items which are not applicable to a member, such as the value associated with retirement pay for a non-careerist, should be subtracted from the total value. The statement's additional considerations/programs section will require members to provide their own estimates of the value of items such as commissaries, exchanges and bonus programs, since their value depends upon individual circumstances.

The statement will provide the individual an easily understandable approximation of the total value of his or her compensation package. It will be useful as a personal financial planning aid and for such purposes as educating prospective mortgage lenders on the worth of an individual's compensation in order to qualify for a mortgage.

The statement will be accorded the privacy normally provided to individual pay matters.



The following new additions to the Navy Medical "family" have arrived at Naval Regional Medical Center, Oakland:

A baby boy to Lieutenant Commander Ellsworth Weatherby, III, Radiology Department, and his wife Cynthia on Nov. 6.

A baby boy to Hospitalman Christopher H. Eades, Naval Hospital Lemoore, and his wife Victoria on Nov. 9.

A baby boy to Lieutenant John L. Olson, Internal Medicine Department, and his wife Deborah, Nov. 10.

A baby boy to Lieutenant Commander Michael A. Cassaday, Internal Medicine Department, and his wife Diane on Nov. 11.

A baby boy to Chief Hospital Corpsman William A. Alexander, Fleet Hospital Support Office, and his wife Rose on Nov. 12.

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VETERANS' VETERAN—Miss Mary Valle has served the Veteran Hospitals' Christmas Committee for 57 Christmas seasons. The committee is comprised of community volunteers who annually donate their time and money to make the holidays a bit more cheerful for inpatients of Naval Regional Medical Center Oakland and Bay Area VA hospitals.

Medical center hosts Christmas committee

Naval Regional Medical Center, Oakland hosted the principals of the Veteran Hospitals' Christmas Committee at a dinner in the Officers' Club on base Nov. 16.

The event is an annual appreciation for the loyal volunteers who come to Oak Knoll and Veterans Administration hospitals each year to decorate, entertain and pass out Christmas gifts to those patients who are hospitalized over the holidays.

Mr. Arden Kolsrud of Lawrence Livermore Laboratories is this year's chairman for the committee. Although a new chairman is appointed each year, Miss Mary Valle, the Secretary-Treasurer, has always provided the continuity. For 57 years she has been involved with the project, which has included the Oak Knoll hospital for the 40 years of its existence.

The dinner program included a showing of slides depicting the decorating and wrapping of gifts, both here and at VA hospitals, during recent years.

A duet also entertained the partygoers with Hawaiian songs and music.



CHAIRMAN—Mr. Arden Kolsrud, committee chairman, addresses dinner guests at the Oak Knoll Officers' Club.



MUTUAL INTERESTS—Rear Admiral Robert C. Elliott (left) chats with Dr. Edga A. Reed and Mr. Marvin O'Rear, both of the Veterans Administration Hospital i Livermore.



MELEKALEKEMAKA—Two Hawaii-born musicians who now live in the Bay Area, entertained those attending the Veterans Hospitals' Christmas Committee in the Officers' Club on Nov. 16.

Special Services offers bargain

For a very limited time (until Jan. 1), Special Services offers a still further discount on admissions to Great America.

Tickets are now available in the Bldg. 38 office for $10 each. Normal admission is $13.95.

Call Sally, Ext. 2479, if you have any questions.

Football brunch to feature Army-Navy game



KPIX, Channel 5, will televise the Army-Navy game on Saturday, Dec. 4, with kickoff time scheduled for 9:35 a.m.

To celebrate the occasion, USS MARS/NAS Alameda will sponsor a brunch starting at 8 a.m. in the NAS Alameda Officers' Club Main Dining Room.

Contact points for this event are CDR Karl Kowalski, USS MARS, Telephone 869-3880; CDR Jerry Daniels, NAS Alameda, 869-3957, or CWO Bruce Doyle, Commissary Officer, 869-2580.

Christmas season starts at Dunsmuir

A visit to Dunsmuir House and Gardens is a nifty way to get into the holiday spirit and is a tradition this time of year in Oakland.

Beginning tomorrow (Nov. 27) through Dec. 5, the mansion at 2960 Peralta Oaks Court will be open to visitors from 10 a.m. to 4 p.m., Sunday through Thursday; 10 a.m. to 9 p.m. on Fridays and Saturdays.

It is tradition to:

- Tour the decorated mansion.
- Visit the "Americana Collection" exhibit.
- Shop in the Greenhouse Boutique.
- Gather holiday decorating ideas.
- Listen to the sounds of Christmas.
- Brunch, lunch or supper at the Calico Pantry.
- Stroll the Dunsmuir Gardens.
- Learn the history of Dunsmuir House.
- See the Christmas lights after dark.
- Share the joy of Christmas.

Donations are Adult $6, Senior, $5, and Junior $2.

The attraction may be reached by taking I-580 SW from Oakland to 106th Ave. exit, or I-580 NE frm Hayward to Foothill Blvd. exit.

Basketball season opens here

The 1982-83 Intramural Basketball League play opened at Oak Knoll on Nov. 17.

In Game No. 1, ENT whipped NP 63-23. High scorers were Settles (ENT), 18 points, and Geer (NP), 12 points.

Surgery took Radiology 39 to 35 in the second game, with high scorers Williams of Surgery at 13 points and Odom of Radioloy, 12.

OPD didn't show and therefore forfeited the win to CPO in the third game.

Standings after the first week's play of the season:

Team	W	L
ENT	1	0
Surgery	1	0
CPO	1	0
Special Services	0	0
NP	0	1
Radiology	0	1
OPD	0	1

Other games scheduled for the season (all on Wednesday nights beginning at 6 p.m.) are Dec. 2, 9, 16; Jan. 5, 12, 19, 26; Feb. 2, 9, 16, 23; March 2, 9. Playoffs will then begin.

Some airport!

Mr. Loyd Cox, an Army veteran and an outpatient at Naval Regional Medical Center, Oakland, stopped by the *Oak Leaf* office the other day to show us a souvenir postcard of the 1939 Golden Gate International Exposition/World's Fair on San Francisco Bay.

As most everyone knows, the famous fair was held on Treasure Island, which was man-made especially for the exposition. The site today is, of course, a naval station.

What most of us probably didn't know, but what is printed on Mr. Cox's postcard is "...(the) man-made land (is) destined to be a great airport."

U.S. Government Printing Office
1979-33235-689-150/17

Tip for ski fans

Twenty-four hour ski and California road conditions may be obtained by calling local numbers:

California Auto Association (Ski Conditions)—864-6440

California Highway Patrol (Road Conditions)—557-3755

Disneyland for $9

Special Services has military discount tickets for Disneyland for $9. They are good until Feb. 27, excluding Christmas Day thru New Years Day.

Information on other holiday festivities at the attraction may be obtained from Sally at 639-2479.

Classifieds

WANTED

One healthy female kitten; age: just old enough to come to a new home; any color, preferably box-trained. Pedigree not required. LT E. Greb, 7 North, ext. 2030.

THE OAK LEAF

Naval Regional Medical Center, Oakland, California

Operational Readiness. . . through health care to the Navy family

ol. 44, No. 23

Friday, December 10, 1982



UTUAL INTERESTS—Brigadier General Frank F. Ledford, Jr., Letterman Army edical Center commander, paid a recent visit to Naval Regional Medical nter Oakland and conferred with his counterpart, Rear Admiral Robert C. liott.

Health care mission

New slogan highlights Line Navy and family

"Operational Readiness. . . through health care to the Navy family," is the new slogan of Naval Regional Medical Center Oakland and its branch clinics.

The phrase, typifying our mission, is a minor revision of a slogan submitted by Nurse Corps Captain Alma M. Gomes, Regional Nurse Coordinator.

The slogan now becomes part of the permanent nameplate for the *Oak Leaf* and will also be imprinted on the hospital's guide and directory. Other possible use will be in future exhibits and displays, and on certain types of stationery. All activities of the command are encouraged to use it whenever and wherever appropriate.

More than 60 ideas for a slogan were received and selection was delayed while all were careully considered. The entries come from numerous military and civilian personnel at this center and at branch clinics. One was submitted from a visiting Rear Admiral.

Several slogans were considered appropriate and many were amusing. In the latter category was one suggesting the phrase, *"The Best Little Health House in Oakland."*

Early February inspection probable

According to the most recently available information, Naval Regional Medical Center Oakland may expect a representative of the Joint Commission on the Accreditation of Hospitals (JCAH) sometime in early February.

Captain Paul Daniel, Director of the Quality Assurance Division at the Naval Medical Command, is also expected to visit here in January to review progress.

Local officials said the JCAH inspection was postponed by the Chicago headquarters due to a burgeoning workload. The commission inspects civilian, as well as military, hospitals, with recent increased emphasis on quality assurance in health care.

lot over six months

Enlisted advancements delayed to save costs

Due to uncertainty as to the date of ssage for the FY-1983 Appropria- ns Bill and its level of funding, certain st-saving actions, including a delay in isted advancements, are necessary. no case will any individual's advan- ment be delayed more than six nths. The postponements were an- unced in NAVOP 129/82.

Personnel selected from the Sep- mber 1982 E-4/5/6 advancement amination who would have been vanced between January 1983 and y 1983 will now be advanced in ne 1983. Selectees from the June 82 E-7 Selection Board who would ve been advanced between February 1983 and July 1983 will now be advanced in August 1983. Selectees from the March 1982 E-8/9 Selection Board who would have been advanced between January 1983 and May 1983 will now be advanced in June 1983.

As previously announced in NAVOP 118/82, officer promotions for November and December were also delayed.

Both of these actions will be reviewed after passage of the FY-1983 Appropriations Act and adjustments made according to funds finally made available for the "military personnel" appropriation.

esting begins for USM program

Last Monday selected departments this center became pilots for testing e implementation of Uniform Staff- g Methodologies (USM).

This program, mandated by Con- ess to the Department of Defense in 976, accounts for and analyzes alth care delivery staffing utilization d needs. The method measures tual productive time applied to mis- on accomplishment and relates the oductive time to standardized easures of workload.

The permanent, mandatory report- g system affects all personnel ilitary, civilian and volunteer) thin the region. It is a link between IORSTAMPS/SHOROC program and e Uniform Chart of Accounts (UCA) rrently in use.

Data is collected and audited at the vel of the individual. The information ill be analayzed each month at work nter level as defined by UCA, with uarterly reports to the Naval Medical ommand in summary form as escribed in DOD6010.11-M (USM anual). Information produced by USM ill be used in decisions affecting per- nnel resource allocation throughout the Department of Defense, via each Service Secretary.

The Management Analysis Branch staff of Management Information Service, together with Military Manpower Service, are currently designing a method of accurately depicting the use of manpower within the region. Project coordinator is Mr. Rick A. Suerth, Head of the Management Analysis Branch. Ensign Mark O. Boman, Chief of Military Manpower Service and Mr. Herbert Lindemann, Chief of Civilian Personnel, are participating as members of the project group in the development, testing and implementation of USM and in site training of personnel in its use.

"Full cooperation from all hands is imperative in the development and implementation phases, and in the maintenance of this program," officials said. An instruction and user's manual will be distributed this month. Department heads and chiefs of service should appoint a member of their staff as an USM coordinator to collect data for submission as directed.

The command has taken a keen interest in this program and expects all hands to comply.

Health benefits open season extended to December 23

Open Season for the Federal Employees Health Benefits (FEHB) program has been extended an additional 13 calendar days, according to an announcement from Donald J. Devine, Director of the Office of Personnel Management (OPM).

Originally scheduled to run from Nov. 22 through Dec. 10, the Open Season is being extended to Dec. 23. The Open Season provides federal employees an opportunity to change their present health benefits coverage or to select a new benefits program from among the 131 separate benefit providers.

"Without this extension, it is possible that some federal employees would not receive needed enrollment information in a timely manner due to delays in the distribution process," Devine noted. "I want to insure that everybody receives that information in a timely fashion and with an appropriate period to consider their needs and make decisions."

Devine also noted that copies of the Government Employees Hospital Association Benefit Plan brochure contain an error on its page three. A correction sheet is being made available to agencies on a priority basis. The brochure sent to enrollees directly from the GEHA office in Kansas City, Mo., and those sent to retired federal employees do not require correction.

To assist in processing FEHB paperwork during the Open Season, 10 persons currently enrolled in the District of Columbia's Vocational Rehabilitation Services Administration have been hired as temporary employees by OPM.

Civilian paychecks smaller in January

Beginning with the first pay period in January 1983, all federal employees will have 1.3 percent of their salaries deducted for Medicare under the Social Security System.

These deductions will qualify federal employees for Medicare benefits upon retirement from civil services.

Bi-weekly deductions will range from $4.34 for Grade 1, Step 1 (no special rate), to $28.75 for Grade 15, Step 7. To find your specific deduction, simply take 1.3 percent of your gross, bi-weekly pay (if your annual salary does not exceed $35,100).

A party invitation from Red Cross



All Naval Regional Medical Center Oakland staff members and patients are invited to the annual Red Cross "Holiday Open House" in the third floor conference room of Bldg. 500 on Friday, Dec. 17 from 10:30 a.m. to noon.

Editorial---

Our patients write. . .

During a recent admission to your hospital, the surgical service treated. . . (me). I am not surprised that the staff was attentive to duty, warm and friendly. Even the housekeeper displayed these qualities.

I, of course cannot name all the people whose skills and disciplines contributed to my well-being while in the hospital. Getting them all to work as a team is what makes it go, and we know everyone is important. But the surgical team was made up of Doctors Mayo, Zech, Pugh and Reed, and a nurse named Herrara spent much time skillfully keeping the intravenous plumbing going for two weeks.

This was my first time in your hospital because of my recent move to this area. This problem you solved for me had been presented to other doctors and emergency room operations without significant results. Because of this, I especially appreciate your emergency room service where the key diagnostic decisions were made and which ended in such favorable results for me. I was seen there without delay at 10:45 in the evening by a Dr. Bradbury who directed the hospital effort for my benefit in what must have been a complicated series of procedures that did not produce (a) diagnosis until 4 a.m. While she was seeing to the needs of other patients as well, I saw no delay as I moved from step to step. While she was supported by the hospital staff, it was she who saw the problem, applied her professional knowledge of the medical disciplines, issued the orders and lead the staff in their execution. And. . . she didn't miss where others had. I'm sure this was just a routine performance for her, but it wasn't for me, and I'd give high marks.

Fred C. Herriman
Commander, U.S. Navy
Pleasant Hill

* * *

On Oct. 6, 1982 I was admitted to the Oak Knoll facility. . . Since one hears all the negative comments regarding treatment at your command as well as others, I felt it only appropriate to express my feelings and impressions.

The care I received was outstanding in all respects. I was attended to in oral surgery by Captain Oatis and LCDR Baker. They were thoughtful and considerate in my treatment and I was informed at all times what was being done and its purposes. They imparted the feeling to me that they were genuinely concerned and in so doing eliminated needless worry on my part.

I was examined and seen several times each day by LCDR Caldwell, and again I was made to feel confident I was in good hands.

I was assigned to ward 6 West when admitted and I cannot praise the ward staff enough for the excellent treatment I received. I wish I could remember the names of all these fine professionals so I could thank them individually.

I know I have not included names or positions of all who are deserving of praise, but only because I don't know their names. It is my hope that by expressing my thoughts to the Commanding Officer these persons may know their efforts were greatly appreciated by this patient.

Joseph R. Averi
RDCS(SS), U.S. Navy (Ret.)
Fremont

Oak Leaf announces publication dates

Oak Leaf readers and contributors are reminded that the Dec. 24, 1982 edition will be the final issue for the calendar year. Copy deadline is Dec. 13, two days ahead of normal.

Publication will resume on Jan. 28 (copy deadline Jan. 19) and every two weeks thereafter.

Your editor wishes all of you a merry—and meaningful—holiday season.

Following are Calendar Year 1983 publication dates, together with deadline dates for each edition:

Publication Date	Copy Deadline
Jan. 28, 1983	*Jan. 19, 1983*
Feb. 11, 1983	*Feb. 2, 1983*
Feb. 25, 1983	*Feb. 16, 1983*
March 11, 1983	*March 2, 1983*
March 25, 1983	*March 16, 1983*
April 8, 1983	*March 30, 1983*
April 22, 1983	*April 13, 1983*
May 6, 1983	*April 27, 1983*
May 20, 1983	*May 11, 1983*
June 3, 1983	*May 25, 1983*
June 17, 1983	*June 8, 1983*
July 1, 1983	*June 22, 1983*
July 15, 1983	*July 6, 1983*
July 29, 1983	*July 20, 1983*
Aug. 12, 1983	*Aug. 3, 1983*
Aug. 26, 1983	*Aug. 17, 1983*
Sept. 9, 1983	*Aug. 31, 1983*
Sept. 23, 1983	*Sept. 14, 1983*
Oct. 7, 1983	*Sept. 28, 1983*
Oct. 21, 1983	*Oct. 12, 1983*
Nov. 4, 1983	*Oct. 26, 1983*
Nov. 18, 1983	*Nov. 9, 1983*
Dec. 2, 1983	*Nov. 23, 1983*
Dec. 16, 1983	*Dec. 7, 1983*
Dec. 30, 1983	*Dec. 21, 1983*

(Above schedule subject to change due to unforseen emergencies.)



Holiday tips that bear repeating

The Christmas/New Years season, perhaps more than any other holiday tim brings to most people special feelings of love, life and hope for a bright future. It ironic then, that each year this joyous season is a time of accident-caused traged for thousands of families. The very nature of the seasonal celebrations pose mo hazards to people and property than at any other time of year. Party-going, cookin and baking, decorating, traveling, gift-giving and other activities must be approache with safety as the first consideration.

Here are some hints to keep your holiday safe:

- Be sure to obtain a fresh tree a few days before Christmas. Test it to see th needles are not dried out and already falling. Cut the trunk diagonally, a little abo the original cut. Keep the tree in water or wet dirt or sand until used. When you brin it indoors, use a stand that contains water, and keep it filled.
- Make sure the tree is not located near a fireplace, radiator, stove, TV set, or an other source of heat. Never block exits by placing a tree in the line of traffic. Remem ber these same rules if you assist in decorating a church, school or assembly room
- Use only lights and wiring with the Underwriters Laboratories label. Make sur that extension cords, if used, do not present a tripping hazard. Never overload ci cuits by having too many plugs in one outlet. Check lighting sets from previous year for frayed wires, loose connections and broken sockets.
- Many tragic fires start when there is no one at home or when the family is i bed. For this reason, do not leave the lights burning too long and always turn them off when you retire for the night.
- Candles should never be used on your tree. Angel hair and snow spray can b flammable if they are used together in decorating. You may use one on a tree, bu never both. Electric lights should not be used on metal trees because of the danger o electrocution. Glass, metal or non-combustible materials are safest for decorations
- Don't smoke near the tree, and be sure those cigarettes butts are disposed o safely.
- Take the tree down when needles start to fall. . . and remember, a dry tree ca burn away in less than 27 seconds! **(Safety Manager)**

Conduct standards for Navy personnel

- Navy personnel (military or civilian) shall not engage in criminal, infamous, dis honest, immoral, or notoriously disgraceful conduct, or other conduct prejudicial to the government.
- Navy personnel shall avoid any action, whether or not specifically prohibited which might result in or create the appearance of:

a. Using public office for private gain.
b. Giving preferential treatment to any person.
c. Impeding government efficiency or economy.
d. Losing complete independence or impartiability.
e. Making a government decision outside official channels.
f. Affecting adversely the confidence of the public in the integrity of the govern ment.

NAVAL REGIONAL MEDICAL CENTER
OAKLAND, CALIFORNIA

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Commanding Officer

CAPT H. James T. Sears, MC, USN, Director of Clinical Services

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Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.

Command Line

This column permits direct access to command executives by either military or ian staff members of any grade, rate or rank. Questions on matters impacting medical center operations as a whole, reports of incidents of abuse or fraud, or ns of concern to large numbers of the staff are invited. Please also submit recommendations and report positive information of interest to all of us. Submit comments in any legible written form to the Public Affairs Office for routing. You may remain unidentified if you so wish.)

ode One Team for Medical Boards

MMENT: I suggest a Code One team for medical boards made up of person- from designated departments who would respond rapidly in the event there medical board on a patient that is dying or in imminent danger of dying. This would be primarily administrative so that the paperwork flow would go ch smoother when there is an immediate need. The team would be com- ed of a primary and a secondary person from each of the designated depart- nts. These individuals would suspend all other work at the time they were tacted for a Code One until the paperwork was completed for the patient in t department.

PLY: Following are the present procedures for this type of situation:

- The physician starts the process by dictating a medical board on the stat line notifying Management Information and the Medical Board Section of Patient airs by telephone.
- The Medical Board Section contacts the Physical Disability Counselor who mediately notifies Central Physical Evaluation Board in Arlington, Va.
- The board is immediately typed in the rough by Management Information and Medical Board Section is notified when completed.
- A representative of Patient Affairs hand-carries the rough board to the board mbers for editing and approval, after which it is returned to Management Informa- for typing in the smooth format.
- The smooth board is picked up in Management Information by a Patient Affairs resentative, assembled, and hand-carried for all signatures.
- When the board is completed, a purchase order for Federal Express Mail is pre- ed in Patient Affairs, hand-carried to the Comptroller for approval and delivered the Supply Officer with the medical board to be dispatched.

The entire process (from the time the board is dictated until it is delivered to Supply Division) is accomplished in one working day, which is considered sonable. NRMC Oakland processes one to three such boards each year and it is not considered appropriate to appoint a special team for this purpose. It is felt that the total time would not be reduced unless such a team were to conduct weekly drills. These drills would be disruptive to normal operations and would probably not reduce the time involved by any significant amount.

Symbols to aid outpatients

COMMENT: (Why doesn't the medical center) use symbols that represent a clinic or person? Place a symbol on patient's record or paperwork, with a larger symbol on the door of the clinic or office to indicate that they are in the right place.

REPLY: This suggestion is well thought-out and a very good one; however, its application at this hospital would be hard to achieve because of a high number of clinics and persons that would require a separate symbol. Selective application to various high use areas such as laboratory, x-ray and pharmacy might be possible if symbols can be selected that are immediately recognized and associated with the clinic or person. A group will study this suggestion with possible implementation in the future. Thank you for this very positive suggestion.

Flag flown over Bldg. 105

COMMENT: Why isn't a colored flag flown on top of Building 105 so that it can be easily located, even from the front lobby of the hospital?

REPLY: A general consensus of the several people we asked is that Building 105 (Personnel Support Detachment) is not all that hard-to-find, and for newcomers the location information is readily available from any staff member asked. If we installed a colored flag on top of that building, what's to stop all the other services located around the compound from requesting their own distinctive ensign? In no time at all, the base could resemble a circus instead of a military establishment. Although we must turn this particular idea down, we do appreciate you suggesting it.

ducational opportunities available for civilians

During recent Admiral's Calls with ilian personnel of this medical nter, and through the medium of the ilian Employee Advisory Board, veral employees have voiced interest educational opportunities for Civil rvice workers.

Both Staff Education and Training rvice and Civilian Personnel Service re consequently requested to velop a listing. Results are capsulized follows:

- **Correspondence Courses:** ffered through University of Califor- a Extention, Berkeley. A current talog is on file in Staff Education and aining, 6 South, or personnel may ll the university office at 642-4124, write University of California Exten- n, 2223 Fulton Street, Berkeley, CA 4720.
- **New Skills for Unemployed:** urses available through San Fran- sco Community College District, Civil rvice College, 800 Mission St., San ancisco, CA 94103. Some of these sses are offered at Treasure Island, d personnel may contact Ms. Paula wanson, Employment Development pecialist, 765-6656, for details. A urrent catalog is also available in Staff ducation and Training.
- **On Base at NRMC Oakland:**

—Ms. Marj Stillings of Navy Campus in the 6 South Education Office every hursday from 8 a.m. to 3 p.m. All per- onnel (military and civilian) who desire ducational counseling may call HM1 bbott, Ext. 2003, for an appointment with Ms. Stillings.

—Ms. Sherry Robinson from Civilian ersonnel coordinates civilian training equirements and provides courses hrough Vista College year-round. She s located in Bldg. 73B and can be eached at Ext. 2116. Currently under- way are courses in interviewing techni- ques and effective writing for managers and supervisors.

—Southern Illinois University offers a BS degree in Health Care Services. The SIU office, with program manager Mike Manning, is located in Bldg. 75A. His office hours are 8 a.m. to 3 p.m., Monday through Friday. Call 562-3605.

—California State University



Hayward offers lower division courses on base in the evening that meet SIU requirements for the BS in Health Care Services. For more information, telephone 881-3605.

- **Community College Centers:** Offered tuition free to all California residents who are high school graduates or over the age of 18. All programs are occupationally oriented, providing training in entry level, promotional and new technological areas. For information Monday through Friday, 8 a.m. to 5 p.m., call 239-3070.
- San Francisco Bay Area Colleges:

—Chabot College, Hayward, telephone 786-6700

—City College of San Francisco, 239-3000

—Contra Costa College, San Pablo, 235-7800

—College of Alameda, 522-7221

—College of Marin, Kentfield, 485-9700

—Diablo Valley College, Pleasant Hill, 685-1230

—Foothill College, Los Altos Hills, 948-8590

—Indian Valley College, Novato, 883-2211

—Laney College, Oakland, 834-5740

—Los Medanos College, Pittsburg, 798-3500

—Merritt College, Oakland, 531-4911

—Napa College, Oakland, (707) 255-2100

—Ohlone College, Fremont, 657-1108

—Santa Rosa Jr. College, (707) 527-4211

—Skyline College, San Bruno, 355-7000

—Solano College, Suisun City, (707) 552-4330

—Vista College, Berkeley, 841-8431

- **State Universities:**

—California State University, Hayward, 881-3000

—San Francisco State University, 469-2411

—San Jose State University, (408) 277-3266

—Sonoma State University, Rohnert Park (707) 664-2182

—University of California at Berkeley, 642-0200

—University of California at San Francisco, 666-4986

—University of California Extension at San Francisco, 861-6833

—University of California at Santa Cruz, (408) 429-4412

- **Private Colleges:**

—Academy of Art, San Francisco 673-4200

—Armstrong College, Berkeley, 848-2500

—Cogswell College, San Francisco, 433-5550

—Dominican College, San Rafael, 457-4440

—Golden Gate University, San Francisco, 442-7272

—Heald College, San Francisco, 673-5500 (Business); 441-5555 (Engineering)

—Holy Names College, Oakland, 436-1327

—John F. Kennedy University, Orinda, 254-0200

—Mills College, Oakland, 430-2255

—New College of California, San Francisco, 626-1694

—St. Mary's College, Moraga, 376-4411

—San Francisco Conservatory of Music, 564-8086

(Continued to Page 4)

Classes offered on base for civilian, military staff

Tentative dates have been established for spring semester classes offered by Vista College at Naval Regional Medical Center, Oakland for both military and civilian staff members.

Further course information and information on nomination procedures will be sent out approximately one month in advance of each class. Following is the anticipated schedule:

- **Effective Writing for Secretarial and Clerical Personnel:** Feb. 1, 3, 8 and 10, 8:30 a.m. to 12:30 p.m. each day. Students will learn to make their writing clear, concise, precise and readable. This training may also reduce anxiety connected with writing.
- **Time Management:** April 12 and 14, 8:30 a.m. to 12:30 p.m., both days. This course is for those concerned with effective utilization of time for themselves, their peers, and their subordinates. Emphasis is on creative control and maximization of time through the setting of realistic goals and priorities.
- **Communications and Managing People:** March 15, 17 and 22, 8:30 a.m. to 12:30 p.m. Designed for people who manage or supervise others. Covers the "art" of giving directions and the ideas surrounding non-verbal behavior, behavior modification and the result(s) of positive expectation. Role-playing and active discussion of current work situations will be held throughout the seminar.
- **Medical Terminology, Phase I and II:** Full semester, Feb. 3—June 9; Thursdays only, 3:30 to 5:30 p.m. If you have already had Medical Terminology I and want Phase II, or if you have had a brief introduction to medical terminology on the job and want to pursue a formal introduction, this is the course for you.

For further information, contact Sherry Robinson in Civilian Personnel Service, Ext. 2116.



COMMENDED—Chief Hospital Corpsman Dominador P. Datu (right) receives a letter of commendation and best wishes from Rear Admiral Robert C. Elliott on the former's retirement after 22 years of Navy service. Looking on is the chief's wife Priscilla.

HMC Datu retires from Navy

Chief Hospital Corpsman Dominador P. Datu, who served here nearly a year as leading chief of the Operations Branch, Preventive Medicine Service, retired from the Navy last week.

Chief Datu had 22 years' service, including duty aboard the submarines USS TRUMPET and USS AMBERJACK, and shore duty with Commander, Submarine Flotilla Six, and hospitals at Portsmouth, Great Lakes, Long Beach, Subic Bay and Oakland. He also served aboard the USS BIDDLE and completed Preventive Medicine Technician School here several years ago. Of all his assignments, he said, he found the one at Subic Bay the most challenging.

The Preventive Medicine Technician makes his home in Vallejo with his wife Priscilla and son. Mrs. Datu works as a visiting nurse in Alameda.

Chief Datu is originally from Manilla and plans to travel to the Philippines over the holidays. He will then return to Vallejo and plans to enter the real estate business.

Uniforms required on military aircraft

The Commander in Chief of the Military Airlift Command (MAC) has announced that MAC passenger agents will decline to process and board servicemembers who are not in uniform, beginning Dec. 1, 1982. The policy applies to duty and leave passengers traveling on military and MAC-contracted (Category B) civil aircraft departing from military airfields and commercial terminals. The only exceptions to the policy are in cases when civilian attire is required by the U. S. Air Force Foreign Clearance Guide or when travel orders authorize civilian clothes.

The policy may be waived only when a designated local representative of the traveler's service certifies that the servicemember is not in uniform for reasons beyond his or her reasonable control.

The MAC policy was established after recognizing that all services now have their own regulations requiring military members to travel in uniform on DoD-owned or controlled aircraft.

HM2 Bandao SOQ at TI

Hospital Corpsman Second Class Joseph T. Bandao, Petty Officer in Charge of Treasure Island Branch Clinic's Medical Records Section, has been selected as that clinic's Sailor of the Quarter for the period October-December.

Petty Officer Bandao was cited for his reorganization and consolidation of Oakland Naval Supply Center's Branch Clinic filing system during temporary assignment there.

He was also praised for developing new reporting procedures for various medical and other health-related matters, and for marked improvement of record-keeping at the Treasure Island clinic.

Bandao is also said to have excellent military bearing and behavior, and exhibits a pleasing personality and willingness to help others.

He attends college in his off-duty time.

Back in Navy blue

Hospital Corpsman Second Class Charles Harmon, former shipmate at Naval Regional Medical Center, Oakland, reenlisted in the Navy at Naval Recruiting District, Jacksonville, Fla., on Oct. 22.

Education--

(Continued from Page 3)

—Stanford Univeristy, Palo Alto, 497-2300

—University of San Francisco, 666-6563

—California Culinary Academy, San Francisco, 543-2764

—California Maritime Academy, Vallejo (707) 644-5601

Staff Education and Training has an assortment of current college catalogs located in its Learning Resource Center. The staff is available to assist personnel and encourages all to stop by or call Ext. 2003 or 2110.



HM2 J.T. Bandao

Civil Service retirement rules amended by new public law

Civil Service retirement provisions were significantly changed by Public Law 97-253, with most amendments effective Oct. 1, 1982. Major changes are:

• **Refunds:** An employee may receive a refund of his/her retirement contribution only if the individual is separated from the service for at least 31 consecutive days, or is transferred to a position in which he/she is not subject to Civil Service retirement deductions (or does not retain coverage by reason of continuity of service) and remains in such position for at least 31 consecutive days. Other qualifying requirements are that the employee must file an application for refund with OPM; not be reemployed in a position subject to Civil Service retirement deductions, and will not become eligible to receive an annuity within 31 days after filing the application.

• **When annuities are paid:** The annuities will commence on the first day of the month in which the employee retires or pay ceases and the age and service requirements for title to an annuity are met. This "first-of-the month after" provision does not apply to survivor annuties, disability annuities, or those discontinued service annuities based on involuntary separation, death or last day of pay, as appropriate.

• **Credit for military service:** Any employee first employed by the federal government under the Civil Service Retirement System on or after Oct. 1, 1982, will receive Civil Service Retirement credit for the post-1956 military service at time of retirement only if a deposit for military service is made. The deposit will be seven percent of the military base pay the individual received for the post-1956 military service. If the employee who is first hired on or after Oct. 1, 1982, makes such deposit within two years of being hired, no interest will be charged. Individuals who were first employed before Oct. 1, will have the option of either making the seven percent deposit for post-1956 military service (thereby avoiding a reduction in annuity at age 62), or receiving credit as in the past and having his/her annuity adjusted at age 62.

• **Nondeduction Civilian Service:** Employees will now be required to make a deposit, with interest, for entire periods of nondeduction (previously referred to as optional) service performed on or after Oct. 1, 1982, before such service can be used in the annuity computation.

• **Early retirements:** Early retirement for employees who are involuntarily separated from the service on or after Oct. 1, 1982, will be permitted only when the conditions specified below are met. Employees, if otherwise eligible, must not have declined a reasonable offer of a position in their agency for which they are qualified. The offered position must be in the employee's same commuting area, at the same tenure and work schedule, and may not be lower than two grades below the employee's current position. In addition, voluntary early retirement will be permitted only if an agency's major reorganization, reduction-in-force, or transfer of function would have resulted in a significant number of employees being separated from the federal service or immediately reduced in pay.

• **Cost-of-living adjustments:** The effective date of cost-of-living adjustment (COLA) is changed from March 1 of each year to April 1, in 1983; May 1, in 1984, and June 1 in 1985. While this change in effective dates applies to annuity adjustments for fiscal years 1983, 1984 and 1985, the amount of the COLA will continue to be based on the preceding December-to-Decembe increase in the Consumer Price Inde except for those under age 62.

• **Interest rates:** Effective Jan 1985, the interest rate charged deposits for periods of military a civilian service performed on or aft Oct. 1, 1982, and for redeposits refunds on or after that date, w change from the current three perce compounded annually to a variable ra that will be determined by the Secr tary of the Treasury each year on t basis of the average yield of ne investments purchased by the Retir ment Fund during the previous cale dar year. If redeposits of refunds a made before Dec. 31, 1984 for servic performed on or after Oct. 1, 198 interest is charged at the rate of thre percent per year.

The new Public Law contains ma other complex changes which may may not affect your individual situatio If you are nearing retirement and nee counseling, contact Beverly Keller Civilian Personnel Service, Ext. 2116

Mail inspection rules in effect

An agreement between the Depart ment of Defense and the U. S. Posta Service, which extends to military com manders the Postal Service's authorit to inspect and open overseas ma became effective Nov. 20.

The agreement, established to pre vent traffickers in drugs and other con traband from using the military mai system, took effect 30 days after pub lication in the Federal Register, a required by law.

The new regulation will allow com mands to randomly screen mail exter nally using dogs, metal dectectors and similar security devices. Commanding officers and commanders with specia court-martial convening authority ma issue search authorizations to open mail only where there is sufficient reason ("probable cause") to believe that a specific item of mail contains drugs, contraband, or other evidence of a crime.

The regulation does not allow indiscriminate opening of personal mail and does not grant the federal government any new powers. The purpose is only to transfer existing authority to military officials in areas where there are no U. S. Postal Inspectors, thereby improving the effectiveness of our war on drugs.

The rules also allow Navy postal clerks to submit mail for inspection to host country governments in compliance with local Status of Forces agreements and, in some cases, authorize military customs officials to inspect mail for the host country.

Exercise underway

More than 7,000 sailors and airmen aboard 22 ships and almost 100 aircraft are currently participating in a readiness training exercise in southern California and Hawaii operating areas.

Ships in the exercise, under the Command of RADM Paul E. McCarthy, Commander, Carrier Group One, will train in most facets of naval warfare.

Some of the U. S. Navy units will operate for a brief period with units of the Japanese Maritime Self Defense Force (JMSDF). JMSDF ships and aircraft are in the area conducting routine training.

The 31-day battle group training exercise for U. S. Navy units was scheduled by VADM William P. Lawrence, Commander, Third Fleet.

udos. . . .

AVY ACHIEVEMENT MEDALS

eutenant Stephen A. Meyers, cal Corps
enior Chief Hospital Corpsman es A. Estes

CIVILIAN LENGTH OF SERVICE AWARDS

35 Years

argaret Paulson, Comptroller Ser-

30 Years

eneva W. Adams, Supply Service
eorge V. Perry, Food Service

15 Years

ella Greene, Food Service
exander Bueno, Supply Service
laureen L. Cammack, Nursing Ser-

10 Years

onnie L. Watkins, Safety Service

5 Years

eredith F. Franklin, Patient Affairs
ared E. Haight, M. D., Outpatient ice
atricia A. Wooden, Civilian Person-ervice

LETTERS OF COMMENDATION

hief Hospital Corpsman Michael n
ospital Corpsman Second Class or Bonilla
ospital Corpsman Third Class Kelly pter

LETTERS OF APPRECIATION

eutenant Frank Waskey, Nurse s
eutenant Margaret Benson, Nurse s
eutenant William Lukasik, Nurse s
eutenant Commander Harald Aan- Medical Corps

-RAY GRADUATION CERTIFI-CATES

ospital Corpsman Third Class Peter arillo (honor student)
ospital Corpsman Third Class Don-D. Barcley
ospitalman Donald K. Rose

ANTARCTIC SERVICE MEDAL

ospital Corpsman Third Class ert Michalek



NEW CATHOLIC CHAPLAIN—LCDR Edward J. Massé is a new staff chaplain with Pastoral Care Service. More than 10 years' naval service has earned him the Navy Achievement Medal, Sea Service, Battle "E" and National Defense Ribbons, and he has seen duty at Guantanamo Bay, aboard the USS DWIGHT O. EISENHOWER (CVN 69), and at Charleston, S.C., Dam Neck, Va., Whidbey Island, Wash., and Jacksonville, N.C. His hobbies are youth work, playing golf, tennis and swimming, and refereeing the intercommand sports of basketball, softball and baseball. Father Massé is originally from Meredith, N.H., where his father still resides.

GOOD CONDUCT AWARDS

Hospital Corpsman First Class Lamberto Castillo (second award)

Hospital Corpsman Second Class James Greenlee

Hospital Corpsman Second Class Herbert Jones

REENLISTMENT

Hospital Corpsman Third Class Jeffrey Schmidt of Psychiatry Service.

rmer Oak Knoll resident President's personal dentist

avy Captain Lawrence Blank, who pleted a dental general practice dency at Naval Regional Medical ter, Oakland, shortly after he ived a degree from the University alifornia, San Francisco, School of tistry in 1968, is President Ronald gan's personal dentist.

Dr. Blank, in addition to his billet as irman of the General Dentistry artment at National Naval Dental ter, Bethesda, was named White se Dentist in January 1981.

According to a recent UCSF alumni lication, Dr. Blank reports that the sident has a regular checkup three our times a year in the fully-equipped dental operatory in the White House.

The Navy dentist served in the Philippines, at Philadelphia Naval Hospital and aboard the USS NIMITZ after he left Oak Knoll. In 1974, he earned an MS degree from George Washington University while assigned to Bethesda in his first tour there. After shipboard duty, he entered the University of Michigan and earned a second MS degree in restorative dentistry.

O speaks Navy League

Rear Admiral Robert C. Elliott, Commanding Officer, Naval Regional Medical Center, Oakland, was the guest speaker at yesterday's luncheon meeting of the Oakland Council, Navy League of the United States.

It was a Christmas luncheon attended by members and spouses, and was held at the Sea Wolf on Jack London Square.

HN Comins selected SOM

Hospitalman Steven P. Comins, Senior Corpsman on Seven North, was selected as Naval Regional Medical Center Oakland's Sailor of the Month (November).

Of his selection, the 19-year-old corpsman said modestly, "I was shocked at first to find out that I was picked. . . I thought there were other personnel more deserving. . . I am very proud to have been picked from the hundreds of Navy personnel at this command and I feel this is a significant step forward in my Navy career."

As the senior corpsman on an active 38-bed orthopedic/ENT ward, he is responsible for direct patient care, administration of medication, leadership of fellow corpsman, cleanliness of the ward, and maintenance of supplies and equipment.

His superiors singled him out for superb performance in these duties and for exemplary military behavior. One said he is always courteous and sincere and takes an individualized interest in each patient. "He is admired and respected by all levels of staff. . ."

The hospitalman entered the Navy about a year and a half ago after graduating from high school in New Jersey. He completed Corpsman "A" School and arrived at Oakland, his first duty station.

Comins will next attend Basic Laboratory "C" School at Fort Sam Houstin, Tex. He said his career goal is completion of advanced schooling and regular advancement as time-in-rate requirements will allow.

The sharp young sailor is the son of Grace and David Comins of Hightstown, N. J. He enjoys numerous outdoor activities, including fishing, camping, backpacking, football and frisbee.



Comings and Goings

"Fair winds and following seas" to the following personnel who have recently departed this command:

LCDR James Dickey, MC, to Guam.

LT Frank Waskey, NC, to Bethesda.

LT Margaret Benson, NC, to Great Lakes.

SN Keith Reynolds to USS KISKA (AE-35).

DT3 Reuben Bideshi to USS KITTY HAWK.

HN Linn Allen Meyers to USS SACRAMENTO (AOE-1).

LT Susan Goodwin, released from active duty.

HM1 Bernardo M. Jimenez to PSD, Monterey, Calif.

EM2 William E. Jansak, to SIMA, Newport, R. I.

LCDR David Thompson, released from active duty.

DT3 Kimberly Slinkard to USS SIERRA (AD-18).

HM3 Kelly Chapter to Naval Hospital, Rota, Spain.

HM2 James Leaf, released from active duty.

HM2 William Budkreniez, released from active duty.

HN Robert Morgan to Branch Clinic, Bridgeport, Calif.

LT William Lukasik, NC, to Guam.

LT Theresa Campbell, NC, to Pensacola.

HMC Dominador Datu, retirement.

• • •

"Welcome aboard" to newly arrived:

LT Jennifer Town, NC, Nursing Service.

CDR Barbara Cayere, NC, Nursing Service.

LT Robert Miller, MSC, Assistant Officer in Charge, Moffett Field Branch Clinic.

LT Rebecca Pedot, NC, Nursing Service.

HM3 Jeanne Gilbert, Orthopedic Clinic.

LT Mary Lynn Hauser, NC, Nursing Service.

LT Maryann Giljohann, NC, Nursing Service.

LCDR Edward Masse, Pastoral Care Service.

ENS Chester Goggin, NC, Nursing Service.

HN Steven Leong, Military Manpower Service.

ENS Joanne Kizilski, NC, Nursing Service.

HR Scott Herman, Operating Management Service.

ENS Kathleen Connelly, NC, Nursing Service.

ENS Kaye Parker, NC, Nursing Service.

HM3 Gregory B. Hobbs, Operating Management Service.

HM2 Bayan Coogan, Neurology Clinic.

HM3 Mark Dumas, Operating Management.

HA Gary L. Roberts, Operating Management.

HM3 Stephen Poracaro, Special Services.

HM3 Mark D. Roberts, Operating Management.

HM3 Roy D. Sherrid, Psychiatry Service.

HM2 Susanne Koenemann, Medical Repair.

HN Michael Garnes, Nursing Service.

HA Brian Russell, Special Services.

LT Mary Jo Long, Nursing Service.

HM3 Daniel C. Boyd, Patient Affairs.

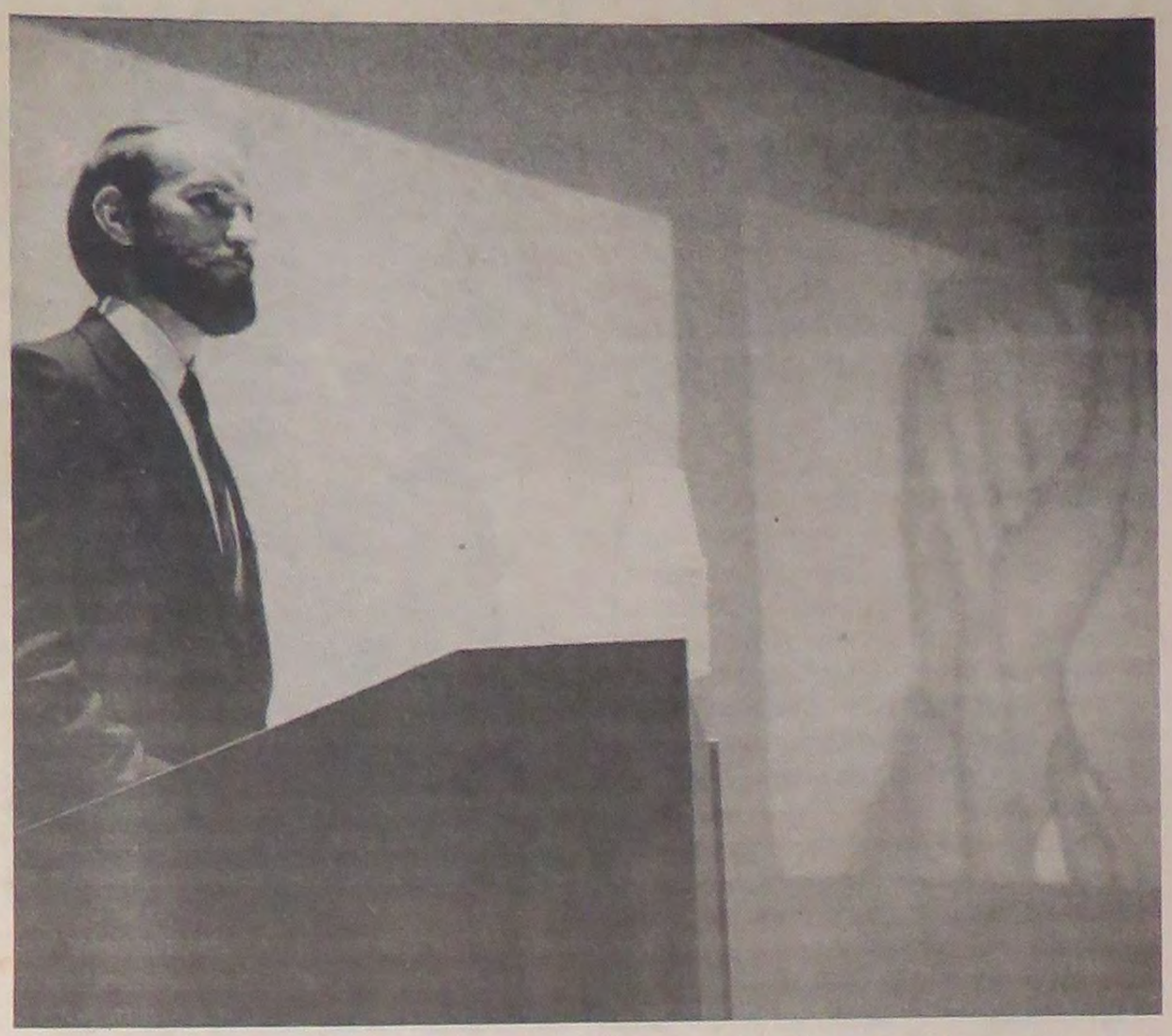
HA Randy J. Collins, Special Services.

HR Toby Brown, Operating Management.

(Continued to Page 7)



DOUBLE EVENT—Four recent graduates of the Preventive Medicine Technician School used the graduation ceremony to reenlist in the U. S. Navy. Taking the reenlistment oath from Rear Admiral Robert C. Elliott are (l to r): HM1 Paul W. Conlin, HM2 Blaise A. Fossum, HM2 Mark C. Sejeck and HM2 Daniel L. Shulla.



PARTICIPANT—Lieutenant Commander Thomas E. Daniel, Orthopedics resident at Oak Knoll, lectured on hand surgery at the recent UC-Letterman sponsored conference.

(Photo by Chuck Dasey, LAMC PAO)

Statue to honor corpsmen

Forty years ago while engaged in combat as a U. S. Marine, Raul Avina saw one of his comrades hit, then noticed a Navy corpsman begin to carry the wounded man down the slope to safer ground for medical attention.

That scene, forever etched in Avina's memory, created a permanent respect for "docs" in combat. In speaking of his memories of the battle, Mr. Avila said, "We (the Marines) could take cover, advance or crawl; in other words, protect ourselves. Corpsmen could hardly take cover or concealment, and they provided good targets to the enemy. But even under devastating enemy fire, the U. S. Navy corpsmen—hungry, fatigued to the point of no return—carried out their mission of aid and mercy. After you've seen the things they do, under the conditions they have to operate, you have to admire them. It burns into your memory, and you never forget it."

Today as a well-known Southern California artist, Mr. Avina is spearheading a campaign to honor Hospital and Dental Corpsmen with a memorial statue erected at Naval Regional Medical Center, Camp Pendleton.

The monument will depict three figures carrying a fourth to safety. Each figure will be recreated in painstaking detail to ensure authenticity. Avina will be assisted in the construction by



sculptors John and Larry Zamora.

All the time and labor for the project are being donated by the artists. Private donations, however, are sought for the purchase of the needed materials. The Naval Regional Medical Center Oakland-Bay Area Chief Petty Officers' Association has already contributed $100 toward the project. Others desiring to donate may do so to the HM/DT/USMC Memorial Fund, P. O. Box 439, NRMC Camp Pendleton, Calif., 92055. Information may be obtained from HCMC C. C. Roberts, Command Master Chief at Camp Pendleton's medical center. His autovon number is 993-1313.

Ship establishes unique physical fitness program

The amphibious assault ship USS OKINAWA (LPH 3), using the talents and assistance of San Diego area physical fitness professionals, has established a command physical fitness program which has produced "impressive" improvements in most participants.

The program, which emphasizes exercises to improve the cardiovascular system, was designed with the help of Mr. Tom Strickland, assistant football coach for the University of San Diego, and Mrs. Vicki Cutting, an aerobic physical fitness instructor.

The Okinawa program begins with a water immersion weighing at Naval Training Center San Diego, which measures true body weight in terms of the ratio between fatty and muscle tissue. Each participant is then given a physical pre-test similar to the test required by OPNAVINST 6610.1B These pre-tests are retained and compared with similar examinations administered at the end of the program. In every case the results have been impressive.

While most participants are crewmembers who are having difficulties meeting Navy weight standards, many have participated to improve muscle tone, increase stamina or build muscle.

Okinawa plans to videotape the classes so that the training can be continued at sea. Commands interested in more information on the innovative program should contact USS OKINAWA.

SF conference honors pioneer hand surgeon

A medical conference with an interesting history took place last month at the Letterman Army Institute of Research (LAIR) Auditorium at the Presidio of San Francisco.

The University of California and Letterman Army Medical Center conducted the 20th Annual Sterling Bunnell Memorial Lecture on Surgery of the Hand. The lectureship was established in 1961 in honor of Sterling Bunnell, MD, world renowned for his work in reconstructive surgery of the hand.

The 1982 lecture commemorated the 100th anniversary of the birth of Dr. Bunnell, and the 20th anniversary of the lectureship. Bunnell, who died in 1957, was the world's leading authority on reconstructive surgery of the hand. He wrote a classic text on the subject, which was published in 1944, and became known as the "Hand Surgeon's Bible".

After completing undergraduate and medical degrees at the University of California, Bunnell served as a captain in the Army Medical Corps during World War I, then made a reputation as a surgeon in private practice in San Francisco. During World War II he served as a civilian consultant to the Army Surgeon General, teaching and performing hand surgery at nine hand centers set up at Army General Hospitals in the United States.

Bunnell was famous among his colleagues for his brilliance as a surgeon and as a teacher and writer on surgical subjects. He was also an accomplished outdoorsman and wildlife photographer.

His son, Sterling Bunnell, MD, a psychiatrist practicing in Berkeley, was one of this year's guest lecturers.

Two options available for cemetery markers

Families of veterans who select a burial site for a deceased veteran in a private cemetery have two options for Veterans Administration assistance in marking the grave, James Rankin, Area Director of the VA's National Cemetery Office here, has explained.

The VA will provide, upon request, a headstone or marker free of charge and ship it to the consignee designated on the application. Cost of placing the marker in a private cemetery, however, must be borne by the applicant.

A second option is that VA will reimburse part of the cost of a headstone or marker bought privately and placed on the grave of a veteran. The current amount is $67, the average cost of headstones purchased by VA.

Application for the VA headstone or marker should be addressed to Director, Monument Service (42), Department of Memorial Affairs, Veterans Administration, 810 Vermont Ave., N.W., Washington, D.C. 20420.

Application for the $67 reimbursement for a marker other than the VA standard should be filed at the nearest VA regional office. Proper routing of the application will expedite service.

Toll-free numbers to VA regional offices are listed in the white pages of the telephone book under "U. S. Government."

The VA regional office in San Francisco is located at 211 Main Street (corner of Main & Howard).

The regional office in Reno is located at 245 East Liberty Street.

FHSO's skipper is Supply Officer



CDR Larry F. Stangl

Navy Supply Corps Comman Larry F. Stangl, who recently assum command of the Fleet Hospital Supp Office in Alameda, was that activity Executive Officer for a period approximately six months. Prior to th he was the Naval Electronic Syste Command Program Manager Rep sentative for a surface fleet anti-s missile defense system.

Raised in Iowa, CDR Stangl grad ated from St. Ambrose College in th state with a bachelor of arts economics and business admini tion. He was commissioned an ens in the Navy Supply Corps on Nov. 1963 at the Officer Candidate Sch Newport, R.I.

Other duty assignments ha included: Navy Supply Corps Sch (student); on the staff of Command Cruiser Destroyer Force, U. S. Pac Fleet; Supply and Disbursing Offic USS INGERSOLL (DD-652); Logist Advisor, Naval Advisory Group, Vi nam; Contracting Officer, Naval Sup Depot, Yokosuka, Japan; U. S. Na Purchasing Department, Hong Kon Chief, Alameda Supply Office, Defe Subsistence Region, Pacific; a Assistant Supply Officer, USS HE TOR (AR-7).

The commander has earned Joint Service Commendation Me Navy Commendation Medal, Na Achievement (with gold star), N Unit Commendation, Navy Meritori Unit Citation, National Defense Serv Medal, Vietnam Service Medal (w four bronze stars), Humanitarian S vice Medal, Republic of Vietnam St Service Honor Medal First Cla Republic of Vietnam Gallantry Cr Unit Citation, Republic of Vietnam C Action Unit Citation, and the Repu of Vietnam Campaign Medal w clasp.

He and his wife Lily have a David, who is a research chemist at University of California, San Franci Medical School.

The commander's outside intere include baseball, rodeo and live thea



"What do you mean, a low grade infection?!"

w benefits for divorced spouses

Uniformed Services Former es' Protection Act was signed aw in September 1982 and es effective on Feb. 1, 1983. v and the congressional hearings to its passage have received ive attention from the media and y spouses alike. One thing is Benefits for separated or ed spouses are an emotional and cated issue.

re are many facets to the act, ssentially, it returns to state the question of whether retired tainer pay can be divided in a e or separation proceeding. portions of the act pertain to the nt of retired and retainer pay in iance with court orders, annuities the Survivor Benefit Plan, medi- nefits, commissary and exchange ges.

der the new act, a court in a e or separation proceeding may disposable retired or retainer pay as property solely of the member property of the member and the e, according to the law in the where the divorce or separation eding is conducted. "Disposable d or retainer pay" is, essentially, ome retired or retainer pay. The aw applies to retired or retainer payable after June 25, 1981. e the new act, federal law stipu- that retired or retainer pay ged solely to the member and not payable to current or former es, except under garnishment dures.

dgments affecting retired or er pay must be made by courts g jurisdiction over the service ber because of residence within ourt's territorial jurisdiction other because of military assignment; use the member's domicile is n the jurisdiction of the state court ng the judgment; or because the ber agrees to abide by the ruling s jurisdiction.

the court so orders, a portion of d or retainer pay can be paid the se or former spouse directly from Military Finance Center, but only if arriage lasted at least 10 years, g which the service member per- ed 10 years of creditable military e for retirement purposes. This ent is called the "federal enforce- procedure" and can be made ut the need for garnishment pro- ngs. The "10 years of marriage" rement does not limit the court's iction pertaining to military retired when fixing the property rights be- n parties in a divorce or separation dure; a court could award an st in future retired pay in ins- s where the marriage was shorter 10 years, but the award would not fy for the federal enforcement edure, and payment could not be e directly from the Military Finance er. In all cases, the amount payable ouses and former spouses under federal enforcement procedure not exceed 50 percent of disposa- etired pay.

a court orders that property other or in addition to a portion of d or retainer pay be paid in a ce or separation procedure, and if payment of this property is not e in accordance with that court , the spouse or former spouse garnish the service member's dis- able retired or retainer pay to fy this obligation. The amount gar- ed and the amount of retired or ner pay directly awarded may not eed 50 percent of disposable ed or retainer pay. **This change is nificant.** Before the act, only ony and child support could be gar- ed in proceedings brought before United States. Garnishment applies to past due payments—monies are owed—not monies payable at ture date.

An unremarried former spouse may be eligible for medical benefits provided the marriage lasted at least 20 years, during which the member or former member performed creditable service, and the former spouse does not have medical coverage under a employer-sponsored health plan. An unremarried former spouse is entitled to commissary and exchange privileges to the extent and on the same basis as a surviving spouse provided the same 20-year marriage requirement is met. The provisions dealing with commissary and exchange privileges apply only if the final decree is dated on or after Feb. 1, 1983, the effective date of the law.

The act amends the Survivor Benefit Plan, making a former spouse an "eligible recipient" of SBP under certain conditions. SBP was limited to coverage of the current spouse only; now, service members can provide an annuity to a former spouse instead of the current spouse. This option is strictly voluntary on the part of the service member and exempt from court orders. The provisions dealing with SBP apply to people who become eligible to participate in the plan before, on or after Feb. 1, 1983.

There are some retroactive features to the new law. The federal enforcement procedure that permits direct payment of court-ordered retired or retainer pay from the Military Finance Center applies to payments for periods beginning on or after Feb. 1, 1983, regardless of the date of the court order. If a court had previously ordered payment of a portion of the retired or retainer pay before Feb. 1, 1983, the payment can be made by the finance center. If a court order became final before June 26, 1981, and the original settlement did not include payment of retired or retainer pay, but the court order was later modified as a direct result of the enactment of the Uniformed Services Former Spouses' Protection Act to include payment of retired or retainer pay, the modification will not be recognized for purposes of the federal enforcement provision. Court orders may be modified, of course, but payment of awarded retired or retainer pay cannot be made by the Military Finance Center under federal enforcement procedures in cases where the court order was final before June 26, 1981, and later modified to include such payment as a result of enactment of the act.

Like most laws, the Uniformed Services Former Spouses' Protection Act is complicated. Local Navy Legal Service Offices can provide specific details. **(NES)**





FUNDS FOR FUN—As they have done so many times before, the Ladies Auxiliary, Fleet Reserve Association Unit 10, once again donated money for materials used in Kay Barnett's ceramic program for Oak Knoll inpatients. Here, Nancy Corey, Hospital Chairwoman, presents Mrs. Barnett with a $100 check from the auxiliary. Joining in on the presentation are Sandy McNichol (left), unit Secretary, Command Master Chief Charles Dackerman and Lillian Basas, Welfare Chairwoman.

Veteran benefits improved

A 7.4% increase in Veterans Administration compensation checks this month to service disabled veterans and dependents has been announced.

The increase and other improvement benefits are the result of the Veterans' Compensation, Education and Employment Amendments of 1982, signed into law by President Reagan Oct. 14.

The rate boost means an increase from $58 to $62 per month for a veteran with a disability rated at 10%. A veteran with a 50% disability now receives $352 a month, up from $328, and a veteran with a 100% disability now receives $1,213 a month, up from $1,130.

The legislation also increases the annual allowance made to certain veterans whose artificial limbs, or wheelchair, cause wear on their clothing. The increase is to $327 from $305.

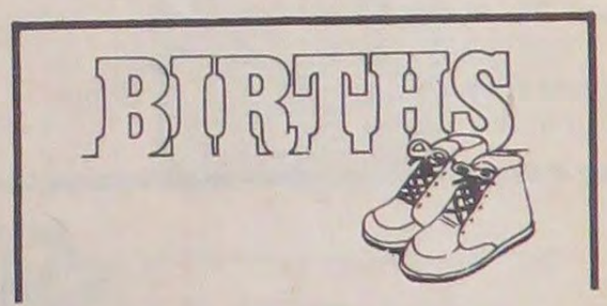
In addition, the bill provides a compensation rate increase to veterans who suffer from service-connected blindness in both eyes and who also have incurred the service-connected loss or loss of use of an arm or leg.

The bill also:

- Authorizes payment of a $300 burial allowance for unclaimed bodies of certain wartime veterans for deaths occurring after Sept. 30, 1982;
- Removes the bar against payment of Servicemen's Group Life Insurance and Veterans Group Life Insurance proceeds in the event a claim is filed more than four years after the insured's death;
- Authorizes the VA to guarantee loans made for the purpose of refinancing a lien on a manufactured home, or for purchasing a lot for such home, and changes the term "mobile home" to manufactured home;
- Provides for payment of burial benefits if a veteran dies while a patient under VA contract in a nursing home;
- Terminates the Veterans' Representative (Vet Rep) program and allows for the outstationing of veterans' benefits counselors (VBCs) at schools and other locations;
- Repeals the current GI Bill requirement that vocational schools report on the numbers of their graduates who, during a specified two-year period, have obtained employment in the field for which the school has provided training;
- Improves on administration by the Department of Labor on the provision of employment and training opportunities for disabled and Vietnam-era veterans.

Full details of all changes in compensation regulations and eligibility requirements are available at the nearest VA regional office.

The VA regional office in San Francisco is located at 211 Main Street (corner of Main & Howard).



The following new additions to the Navy medical "family" have arrived at Naval Regional Medical Center, Oakland:

A baby boy to Lieutenant Commander Paul Esposito, Orthopedics Service, and his wife Bernadette on Nov. 22.

A baby boy to Hospital Corpsman Second Class Richard Williams, Military Manpower, and his wife Maria on Nov. 26.

A baby boy to Lieutenant Commander Evelyn Partridge Strode, Psychiatry Service, and her husband Lester on Nov. 28.

Job openings for civilian personnel

Position	Location	Closing Date for Applications
Information Receptionist, GS-3	Information Desk, Operating Management	Dec. 13
Health Technician, GS-4	Occupational Branch Clinic, Mare Island Naval Shipyard	Dec. 13
Medical Officer, GS-13 (Occupational Medicine)	Occupational Health	Dec. 14
Medical Technologist, GS-7 (Several Vacancies)	Alameda Branch Clinic Drug Screening Branch Laboratory Service	Dec. 15

For further information on the Medical Officer opening, call Christine Lessler, 639-2116; for all others, Maurine Tinsley at the same number.

Comings & Goings

(Continued from Page 5)

HR Tyrme Stuckey, Operating Management.

HM3 Gregory Jone, Outpatient Administration.

HM3 Richard Ober, Main Operating Room.

Shades of the '50s. . . It's a sock hop!







Ski Lift discounts

Special Services reports the following discounts and conditions for military skiiers in the following popular Sierra Nevada ski resorts:

Alpine Meadows: Buy ski lift coupon at Special Services for $15 and save $6. Offer good for active duty and their dependents, Sunday through Friday only (no holidays or Saturdays).

Bear Valley (Mt. Reba): $5 off with military ID and letter. Active duty or retired military, no dependents. Mid-week only and no holiday periods. (Regular price: $19).

Sugar Bowl: 50 percent off with military ID, mid-week only, no holiday periods. For military, their dependents and civilian employees with Department of Defense ID (but not civilian employees' dependents).

Squaw Valley: $14 with letter and military ID. Mid-wek (Monday through Friday) only. No dependents; no civilian employees. Where letters are required, one for each day of skiing for each person is required.

Boreal Ridge and **Heavenly Valley:** No discounts offered.

For further information, call Ext. 2479.

No discount to Florida

Three airlines have "blacked out" or discontinued the military discount air fare for travel to and from Florida during parts of the holiday season. Eastern, Pan American and Delta Airlines will not honor discount tickets for travel to Florida on Dec. 22, 23, 24, and 26, 1982.

The same blackout will apply to travel from Florida on Jan. 1, 2, 3 and 4, 1983.

Band to hold party

Hal Eurquart's Band, which has a few of its members on the Oak Knoll staff, will hold a Christmas concert and party at the Officers' Club on the medical center Dec. 15, beginning at 6 p.m.

Any interested staff members who are also musicians may call U. S. Coast Guard retired Commander Reed Adams at 538-8787 (evenings 462-9089) for further information on joining the band or the Christmas party.

The band rehearses weekly and entertains at non-profit functions.

Holiday in the parks



East Bay Regional Parks are open all 365 days of the year, including Christmas Eve, Christmas Day, New Year's Eve and New Year's Day.

If you want a little help decorating the indoors with the out-of-doors, check the program listings for Tilden, Coyote Hills, Sunol and the Regional Park Botanic Garden for December decoration delights.

All the East Bay parks are a great place to try out new Christmas gifts such as fishing gear, hiking boots, wool scarves and mittens, bicycles and the like.



ברכותינו לחג האורים

Happy Chanukah

New Year's Eve party planned at Porthole

A New Year's Eve Party will be held at the Porthole on Dec. 31 starting at 7 p.m.

A New York steak dinner, champagne, wine and cocktails, and a breakfast at 1 a.m. (as well as live music and dancing until 2 a.m.) will be included in the $25 per person ticket price.

Dress is casual but men are asked wear a sport coat.

All enlisted, both retired and act duty, are invited. Tickets are limited call for reservations at 639-2457 soon as possible.



SOUTHERN SNOW FUN—Snow World at Sea World, delighting children a adults alike, runs Dec. 18 through Jan. 2. More than 1,000 tons of man-ma snow transform Foremost Bowl into a slipping, sliding winter wonderland. Mi tary and civilian Department of Defense employees may use their special di count on Sea World admission during the holidays. Contact the base recreati services office for more information. (See World Photo)

★ ★ ★ MOVIES ★ ★ ★

Friday, Dec. 10, 6:30 p.m.—THIEF—James Caan, Tuesday Weld—Drama/R 123

Saturday, Dec. 11, 1 p.m.—LITTLE LULU, THE NIGHT BEFORE CHRISTMAS, CRICKET ON THE HEARTH—Children's Christmas Special Films/G

Saturday, Dec. 11, 6:30 p.m.—ON THE RIGHT TRACK—Gary Colema Maureen Stapleton—Comedy/PG

Sunday, Dec. 12, 6:30 p.m.—THE LEGEND OF THE LONE RANGER—Klint Spilsbury—Michael Horse—Western/PG

Monday, Dec. 13, 6:30 p.m.—TARZAN THE APE MAN—Bo Derek, Richard Ha ris—Adventure/R

Tuesday, Dec. 14, 6:30 p.m.—HANKY PANKY—Gene Wilder, Gilda Radner Comedy/PG

Wednesday, Dec. 15, 6:30 p.m.—KING SOLOMON'S TREASURE—Dav McCallum, John Colicos—Action/PG

Thursday, Dec. 16, 6:30 p.m.—WRONG IS RIGHT—Sean Connery, Georg Grizzard—Thriller Spoof/R

Friday, Dec. 17, 6:30 p.m.—FOR YOUR EYES ONLY—Roger Moore, Carol Bou quet—Spy Adventure/PG

Saturday, Dec. 18, 1 p.m.—WHALE OF A TALE, THE NIGHT BEFOR CHRISTMAS, & CRICKET ON THE HEARTH—Children's Christmas Special Film

Saturday, Dec. 18, 6:30 p.m.—STRIKING BACK—Perry King, Don Stroud Action/PG

Sunday, Dec. 19, 6:30 p.m.—BUSTIN' LOOSE-Richard Pryor, Cicely Tyson Comedy/R

Monday, Dec. 20, 6:30 p.m.—THE POSTMAN ALWAYS RINGS TWICE Jessica Lange, Jack Nicholson—Drama/R

Tuesday, Dec. 21, 6:30 p.m.—GREASE 2—Maxwell Coulfield, Michell Pfeiffer—Musical/R

Wednesday, Dec. 22, 6:30 p.m.—ZORRO THE GAY BLADE—George Hamilto Lauren Hutton—Comedy/PG

Thursday, Dec. 23, 6:30 p.m.—SUMMER LOVERS—Peter Gallagher, Daryl Han nah—Romantic Drama/R

NOTE: MOVIE THEATER WILL BE CLOSED FRIDAY AND SATURDAY, DEC. 24 and 25.

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THE OAK LEAF

Operational Readiness. . .
through health care to the Navy family
Naval Regional Medical Center, Oakland, California
Vol. 44, No. 24 Friday, December 24, 1982



IAT'S MY DOC'—A few days after birth, Kimberly Benson is reintroduced by mother to CWO-3 Rick Weaver, the physician's assistant who safely ivered the baby in the Mare Island Clinic.

(Photo by SN Debra Elliott, NSA Mare Island)

imberly wouldn't wait

PA delivers baby girl in Mare Island Clinic

When little Miss Kimberly Benson ided to make her entrance into the ld on Dec. 6; she selected an mination room at the Naval ional Medical Center Oakland's ch clinic at Mare Island for her ut, thus giving CWO-3 Rick aver, HM3 Regina Rushing, and Sam and Sharron Nutt some xpected early morning action.

imberly, a week overdue, alerted nother Shawna and father, LTJG Benson, Supply Officer of the USS ARD B. RUSSELL (SSN-687), she was about to arrive. The ly, currently making its home in ters on Mare Island while the sub ergoes overhaul, lives about five ses down from Weaver, the physi- 's assistant upon whom they called elp.

Weaver sped to the Benson quar- ascertained that labor had begun, accompanied by the parental cou- stopped by the clinic to pick up an etrics pack "just in case" the baby ld arrive enroute to the hospital.

nce the mother's contractions now about two minutes apart, ver changed his mind, realizing was insufficient time to reach a ital, even one in nearby Vallejo. At a.m., with HM3 Rushing assisting, physician's assistant safely ered the healthy 8 lbs. 5 oz. baby n the clinic.

imberly and her mother, with ver still in attendance and the s as the ambulance team, then ed for David W. Grant Medical er at Travis Air Force Base to avoid the west-bound early morning commuter traffic.

"When we all arrived at Travis," LTJG Benson said, "the Air Force doctor came rushing in. After he'd examined my wife and baby, however, he found that Rick had taken care of everything.

"It was incredible, he (Weaver) had only minutes to make crucial decisions, and they were all the right ones," Benson continued. 'Our other three children were born in civilian hospitals and this birth was the most peaceful and calm of all. The more I see of Navy medics and corpsmen, the more I am convinced that they are the most professional on board (the Navy)."

After the three-day mandatory stay for all new mothers and babies at the Air Force hospital, Kimberly came home to Mare Island, where she is the focus of happy attention from her siblings, Mark, 8, Melissa, 6, and Timothy, 3.

The emergency delivery was Physician Assistant Weaver's first obstetrical experience.

JCAH due Feb. 17

The Joint Commission on Accreditation of Hospitals (JCAH) has advised this command that it will send a representative to survey Naval Regional Medical Center, Oakland, on Feb. 17.

Robert Becker, M.D. will be the surveyor.



To all military and civilian personnel of this command, their families, and the many who are patients here, I offer my most sincere holiday greetings and best wishes for a happy, healthy and successful New Year.

As we celebrate in the traditional manner this year, let us vow to make life a little bit more bearable for those among us who are less fortunate due to ill health, economic problems, or both. Even if we cannot contribute materially, we all can give a little something of ourselves through kindness and concern. With caring—and sharing—we reflect the true meaning of Christmas and can truly enjoy the blessings of this very special season.

R.C. ELLIOTT
Rear Admiral, Medical Corps, U.S. Navy
Commanding Officer

Holiday services announced

All personnel, their families and friends are invited to a special 7 p.m. Christmas Eve Worship Service in St. Luke's Chapel near the Main Gate.

This annual service of Protestant Worship for all faith groups will be highlighted by a solo, "O Holy Night," featuring John di Francesco; meditation by Captain L. Wayne Rushing, Chief of Pastoral Care Service; Sacrament of Holy Communion; singing of Christmas carols, and light refreshments following the service.

For those who find it more convenient to attend services in the Chapel of Hope in the main hospital, a Protestant Worship will be held there at 6 p.m. on Dec. 24, and a Catholic Christmas Eve Mass at 9 p.m.

Other holiday church services are:

Christmas Day, Chapel of Hope, 9 a.m. Catholic Christmas Mass.

Christmas Day, Chapel of Hope, 10:30 a.m., Protestant Christmas Service.

New Year's Eve, Chapel of Hope, 7 p.m., Protestant Divine Worship.

New Year's Day, Chapel of Hope, 12 noon, Catholic New Year's Mass.



Blind soloist former Pinza protege

John di Francesco, featured vocalist at the Christmas Eve Protestant Worship in the St. Luke's Chapel, was born in Lawrence, Mass. He received his early musical education at Perkins School for the Blind, and at the New England Conservatory of Music, where he graduated with high honors and a bachelor's degree in music.

Later, the famous Metropolitan Opera basso, Ezio Pinza, heard him sing and brought him to New York to study with Maestro Enrico Rosati. Early in 1949, Pinza officially presented him as his protege to a nationwide television and radio audience. Since then he has made countless appearances on the east and west coasts, in radio, television, opera, oratorio and recital, including New York's Town Hall and the Oakland Auditorium.

Since joining the faculty at the California School for the Blind in 1957, he has made many solo appearances with the San Francisco Bach Choir, as well as the Unruh Philharmonic Chorus. He has also been soloist in the Verdi "Requiem" at the University of Nevada, and in Beethoven's "Ninth Symphony" in Stockton.

He is perhaps the first blind artist to sing and act an operatic role in professional performance in this country. In addition to his duties as music instructor at the School for the Blind, he directs the Chapel Choir at the Naval Air Station in Alameda.



John di Francesco

Command Line

(This column permits direct access to command executives by either military or civilian staff members of any grade, rate or rank. Questions on matters impacting the medical center operations as a whole, reports of incidents of abuse or fraud, or items of concern to large numbers of the staff are invited. Please also submit recommendations and report positive information of interest to all of us. Submit c ments in any legible written form to the Public Affairs Office for routing. You remain unidentified if you so wish.)

CO/Supervisor meetings

COMMENT: On a daily basis, civilian supervisors apply Navy regulations and policies, make work assignments, see that duties of personnel are carried out, and handle many problems as they occur. It would be useful for them to meet directly with the Commanding Officer on occasion in order to obtain his viewpoint and suggestions before various issues escalate. It would also give him a first-hand opportunity to make announcements or discuss issues. Informality could lend an atmosphere of cooperative exchange. May I suggest a monthly breakfast or luncheon meeting followed by informal dialogue?

REPLY: Your idea is a very good one and the first Admiral's Call with civilian sup visors will be held at 8 a.m., Jan. 20, 1983, in the Clinical Assembly. The meal me ings, unfortunately, are not practical because of the number of people (56) who in supervisory positions. We will keep the Assembly meetings informal, howe and look forward to free and open discussion.

(EDITOR'S NOTE: Although one or more Command Line items have been s mitted and are in process of being staffed for reply, there was neither time space to publish in this issue. Watch for them in the Jan. 28 edition.)

From a. to u.—what we should know about drunk-driving

With the approaching holiday season, now is the time to increase our awareness of the seriousness of driving while intoxicated. As of Jan. 1, 1982 the new California Law on driving under the influence went into effect, with far-reaching and significant changes. Two of the important changes are:

- The California Penal Code previously stated that at 0.10 percent Blood Alcohol Content (BAC), the driver was "presumed" to be under the influence; it was not considered prima facie evidence of driving under the influence. The new law states that driving with a BAC ratio of 0.10 percent will be sufficient proof for conviction.
- The penalties for a conviction of driving under the influence have increased radically. The minimum for the first conviction is three years probation; driver improvement and/or alcohol treatment program; 90-day license restriction; a fine of $375-$500; with the maximum penalties including incarceration in a state or county jail for 90 days to one year; a fine of $375-$1,000; and one year lice suspension.

The following are excerpts from a May 28, 1982 concept paper from the Of of the Assistant Secretary of Defense (Health Affairs) "Improving Departmen Defense Programs to reduce DUI's:"

(a) Higher death rate now for 15-24 years old than 20 years ago.

(b) The number one cause is (75) deaths from injuries.

(c) During 10 years of the Vietnam Conflict, America lost six times as many p sons to drunk drivers as we lost to the enemy.

(d) Five hundred military members were killed during 1981 as a result of int cated driving.

(e) Last winter, 78 people were killed in a single plane crash in Washington, D These deaths became front page news nationwide and prompted a federal investi tion. On that same day, 73 people were killed by drunk drivers.

(f) Drunk driving is the most often committed violent crime in the nation.

(g) 250,000 have died in the last 10 years.

(h) 500 people are killed each week.

(i) 73 people are killed each day.

(j) There are 800,000 drunk driving collisions each year.

(k) For Americans up to age 35, the number one cause of death is motor vehi incidents, and more than half of highway deaths are caused by intoxicated driv

(l) The United States has the highest number of alcohol-related fatalities, capita, of any nation in the world.

(m) Every single day, 3,000 people are hurt or crippled for life in alcohol-rela crashes.

(n) Between 7 p.m. and 3 a.m. on weekends, one out of 10 drivers are lega impaired or drunk.

(o) 80 of all fatal alcohol-related auto crashes occur between 8 p.m. and 8 a

(p) 44 of all nighttime fatal alcohol-related crashes are caused by the 16 to 24 a group (this group comprises only 22 of the total licensed population).

(q) More than 65 of single car crashes are alcohol-related.

(r) The average drinking driver offender killed on the highway has had 15 dri before driving.

(s) The average offender of alcohol-related fatalities has a BAC level of .20.

(t) Drinking drivers cost the American taxpayers $5-6 billion dollars a year.

(u) Of every 2,000 drunken drivers, only one is arrested.



Drive defensively to avoid accidents

"This is a hell of a way to die", said the general as he was lifted into the ambulance.

Those are words to be remembered as they speak of the bitter tragedy and the utter irony of accidents.

They are tough words of a tough man. A man feared by the whole German army. A man who had known the stark danger of war. But also a man who appreciated life.

General George Patton died a few days before Christmas 1945 as the result of an ordinary traffic collision between a truck and the car in which he was riding on a hunting trip. Just a peacetime motor vehicle accident. The kind that happens every day on our streets and highways. The kind that may happen just as suddenly, just as tragically, to you or someone you know.

How can we avoid these accidents? One way is to drive defensively.

Defensive drivers think ahead about what might happen and are ready for any emergency. Because they know they have no control over the unpredictable actions of other drivers and pedestrians, or over weather and road conditions, defensive drivers develop defenses against these hazards.

What are some of these defenses?

- Conceding the right of way and making other concessions that will avoid an accident.
- Never placing complete faith in the other driver's signals.
- Being prepared for the motorist who ignores stop signs.
- Knowing some drivers will turn right from a left-turn lane.
- Slowing down at all intersections.
- Avoiding following too closely.
- Giving adequate and timely signals.
- Pumping the brake pedal to flash a warning to the motorist behind.
- Keeping to the right and letting inexpert and speeding drivers go on their way.

Defensive driving can provide that added margin of safety needed when an emergency arises.

PLEASE DRIVE DEFENSIVELY—HAVE A SAFE CHRISTMAS HOLIDAY

(Industrial Supervisor—1981)

Standards of conduct for the Navy team

Bribery, Graft, Gratuities, Favors

Navy military and civilian personnel may be subject to penalties if they solicit, accept, or agree to accept anything of value in return for performing or refraining from performing an official act.

Navy personnel will not solicit or accept any gift, gratuity, favor, entertainment, loan or any other thing of monetary value either directly or indirectly from any person, firm, corporation, or other entity which: is engaged, or is endeavoring to engage, in procurement activities, business or financial transactions of any sort with any agency of the Navy; conduct operations or activities that are regulated by any agency of the Navy; or has interest that may be substantially affected by the performance or non-performance of the official duties of the Navy personnel concerned. A gift, gratuity, favor, entertainment, etc., includes any tangible item, intangible benefits, discounts, tickets, passes, transportation, accommodations or hospitality given or extended to or on behalf of the recipient.

Prohibition of Contributions or Presents to Superiors

Navy personnel shall not solicit a contribution from employees for a gift to an official superior, make a donation as a gift to an official superior, or accept a gift from an officer or employee receiving less than themselves. A voluntary gift of nominal value made on a special occasion such as marriage, illness or retirement is not prohibited.

NAVAL REGIONAL MEDICAL CENTER
OAKLAND, CALIFORNIA

RADM R. C. Elliott, MC, USN
Commanding Officer

CAPT H. James T. Sears, MC, USN, Director of Clinical Services

CDR C.R. Loar, MSC, USN
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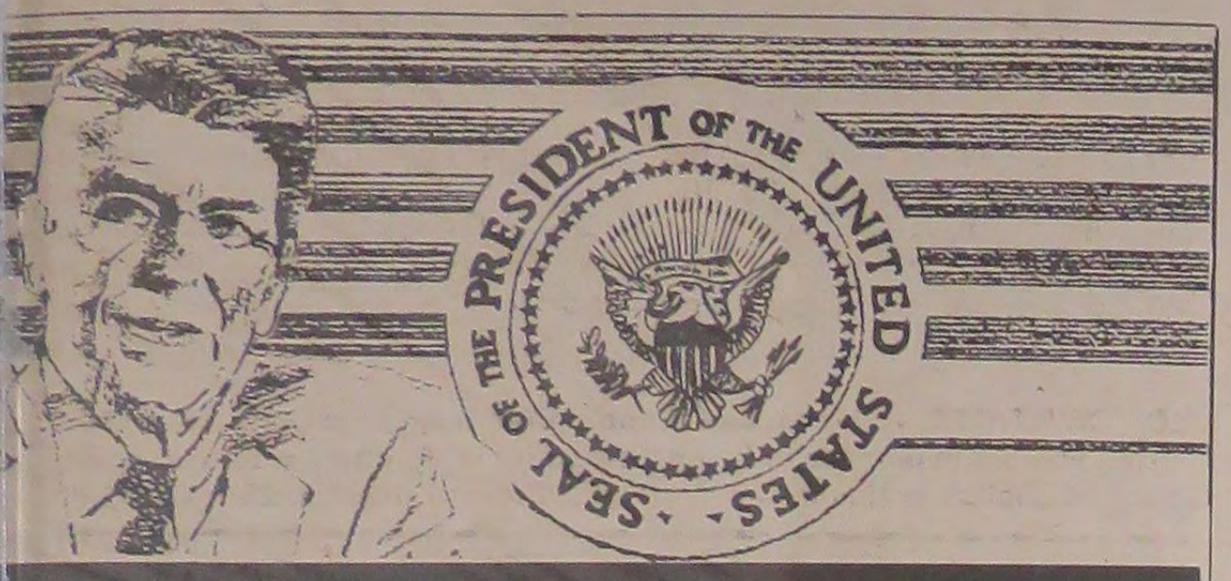
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HM2 Larry Marchionda

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Contributions from both staff and patients are welcomed and should be addressed to the Editor of the OAK LEAF, Naval Regional Medical Center, Oakland, CA 94627.

Season's Greetings



Holiday Message From
PRESIDENT REAGAN

Merry Christmas and the best holiday wishes from all your countrymen.

We appreciate the sacrifice you are making far from home today. Whether your image of Christmas is the crisp cold snow of the northeast or the clean dry wind of the western deserts, for all of us this holiday is a time when our families draw together in faith and love.

Though your place is empty and your family table, you are with us in our hearts and remembered in our prayers. I know this is a particularly difficult time to be far from your loved ones. I know you miss the traditional exchange of gifts and worshiping with your family. But because of you, your families are free to go about the joyful traditions of Christmas.

We are grateful for that special gift of security and peace you've made possible for America and so much of the world.

On behalf of Nancy and myself, your families, friends and countrymen, I send you our warmest holiday wishes. We look forward to the day when you'll be back in your home town in the arms of your loved ones. Until then, may God bless you and keep you and return you safely home. Happy holidays to you all.

Holiday Message From The
Secretary Of Defense

As 1982 draws to a close and the challenges and opportunities of 1983 come clearly into focus, America's Armed Forces maintain a proud presence and a strong posture around the world. Our aim is peace coupled with freedom and prosperty. It is a worthwhile goal...a very worthwhile goal...but a very demanding one.

We ask a lot of those of you who serve our country in uniform. And you give a lot in return. You give your loyalty, your dedication, your courage, your skills and your strength. You endure hardships and make sacrifices, including separation from friends and loved ones during the holiday season.

It is your continued, uncompromising dedication to duty and professionalism that provides the leverage that is so essential in our being able to maintain the balance of power and assuring our own national security.

I am very proud of you who keep the watch during this holiday season. Americans everywhere join me in saluting you and wishing you and your families a very Merry Christmas and a healthy and happy New Year.

;NO adds his greetings

The spirit of Christmas traditionally finds family members gathering to celebrate holidays with festive parties and gift giving. This year the United States Navy is in giving its holiday gift—presence and vigilance—to the entire free world community through our continued commitment to peace through strength.

This holiday season, as in years past, finds our people on patrol from the Gulf of xico to the Indian Ocean, from the Northern Pacific to the South Atlantic, providour leaders with a ready first arm of defense All America realizes we are performthese crucial and difficult tasks in support of national policies and it is this realizawhich has been the impetus behind a realistic defense budget designed to outfit launch a 600-ship Navy before decade's end.

hose who are at sea or otherwise separated from loved ones during the holidays worthy of special recognition. It is this personal sacrifice that truly signifies our not only during this Christmas season but all seasons—peace on earth, good toward men. With them, and with you, we seek peace, and with your help we can will make this world a better place.

wish each and every one of you a joyous holiday season. Merry Christmas and wishes for a happy and prosperous New Year.

Admiral James D. Watkins, USN, Chief of Naval Operations.

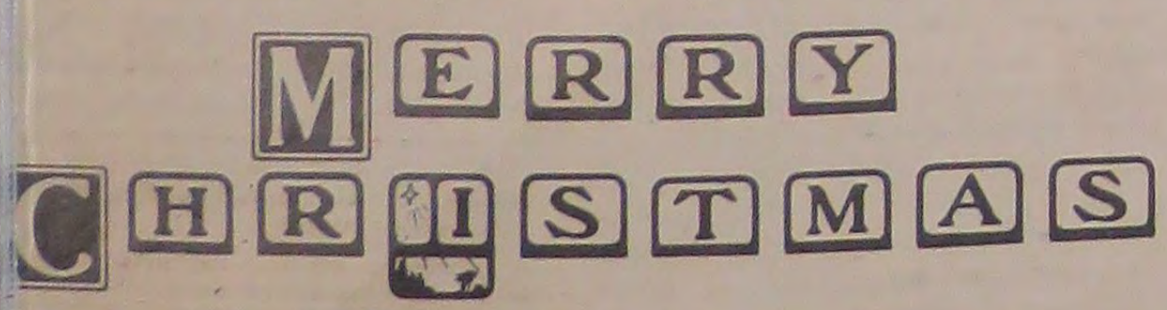
SECNAV's holiday wishes

Each year the Christmas season is a social and spiritual high point, a time rich in giving and sharing, in custom and tradition. It is also a time of hope and renewal. Our Navy-Marine Corps team shares in this spirit in a special way. Many members of our uniformed family spend Christmas far from home and far from their loved ones, on duty all over the world. But the awareness that their vigilance and sacrifice make possible the peace and freedom of our nation and of free men everywhere draws our Navy-Marine Corps family closer together.

Let us join in giving thanks that America has awakened to the need to defend its peace and freedom, and is taking the steps to preserve those precious legacies for future generations. Your role in this American renewal is most significant of all. You are the men and women who bear the heaviest burdens of keeping this peace. Let us remain alert and capable, and thus continue to ensure that there will not be conflict, in the confidence that our efforts will one day bring about a truly lasting peace.

Best wishes to each of you and your families for a Merry Christmas and a happy holiday season and a successful New Year.

John Lehman, Secretary of the Navy.



Chaplain's corner

Our future is in His hands

By Chaplain Jay L. Hoppus
LT, CHC, USNR

"Don't worry about anything, but in all your prayers ask God for what you need, always asking Him with a thankful heart." (Phil 4:6 TEV)

Every day we need to renew this prayer of commitment to God's service. This Christmas season let us, through His strength, pledge ourselves anew to find what His will is for us, and ask for the strength to carry it out.

He does not bid us to bear the burdens of tomorrow, next week or next year. The long list of tomorrows will fade with the idea that the future is in His hands. What better place is there for it to be? Alcoholics Anonymous has a quaint, but nonetheless, successful quotation—"One Day at a Time." This hour and day is mine with its present duty; the next is God's, and when it comes with my faith in Him, His presence will come with it.

This is the true meaning of Christmas—God got with us.

Regional Nurse Coordinator to end 26 years of service



CAPT Alma Gomes

Captain Alma M. Gomes, Regional Nurse Coordinator here for more than two years, will begin terminal leave in mid-January in anticipation of a March 1 retirement after 26 years' service to the U. S. Navy.

Ceremonies will be held in the Commanding Officer's office on the morning of Jan. 14, to be followed by a Ecumenical Service in the Chapel of Hope, a reception in the conference room across from the Clinical Assembly, and subsequent "piping over" at the hospital entrance.

The Navy nurse was born in Georgetown, British Guiana, South America. She came to the United States in 1948 and established residence in Berkeley. She earned her high school diploma from Oakland Evening High School, followed by graduation from St. Mary's School of Nursing in San Francisco, and a bachelor of science in nursing from the University of San Francisco.

She later earned a master's degree in human resource management from Pepperdine University, Los Angeles, and has been granted life time college teaching credentials in the State of California. She plans to teach after her Navy career has ended.

Captain Gomes worked as a civilian nurse at Alta Bates Hospital in Berkeley and as a Red Cross volunteer at Oak Knoll during the Korean War. She entered the Navy as an ensign in 1957.

Her first tour of duty was at the Naval Hospital, Camp Pendleton. Twelve other duty stations followed, incuding a tour on Adak, Alaska. While on Adak she taught two upper division courses in social psychology for the University of Alaska, including a continuing education course on death and dying for a group of registered nurses stationed on the island.

The captain makes her home in Foster City and considers California her home, with a sister and other relatives also living in this state.

Guest editorial

What life is all about

(EDITOR'S NOTE: Through many years of experience, I have observed th when military members retire, almost without exception they talk about t occasion as a turning point in their lives. Most look forward to new civili careers, some acknowledge a sense of insecurity, quite a few becor nostalgic... and, unfortunately, a small percentage leave with bitterne because they feel they should have made more rapid advancement, or ho some grudge about a superior they encountered along the way. Captain Gome a very special Navy nurse who will begin terminal leave in mid-January t retirement soon after, had a different reply when we asked her the usual que tion about how she feels about leaving the service. The following are h thought-provoking comments and our guest editorial for this issue.)

By Captain Alma M. Gomes

"To everything there is a season and a time to every purpose under the heaver (Eccles. 3:1)

And so the time has come for me to conclude this part of life's journey. I do s with a deep sense of gratitude for having had the privilege to serve my country, a in a "very special way," my fellow man.

Someone once wrote, and I accede to the philosophy, that: "Everyone is lonely the bottom and cries out to be understood, but we can never entirely understa someone else, and each of us remains part stranger, even to those who love us. I the weak who are cruel; gentleness is to be expected only from the strong. Tho who do not know fear are not really brave, for courage is the capacity to confro what can be imagined. You can understand people better if you look at them— matter how old or impressive they may be—as if they are children. For most of never mature; we simply grow taller. Happiness comes only when we push o brains and hearts to the farthest reaches of which we are capable. The purpose life is to matter—to count, to stand for something—to have it make some differen that we lived at all."

I hope that I, in some small way, HAVE! For after all, that's what life is about...

CFC donations exeed last year's total

The 1982 Combined Federal Campaign has ended with Naval Regional Medical Center, Oakand, surpassing last year's contribution.

The latest, although not necessarily final, report shows that 65 percent of all staff personnel participated with a collection of $29,620. Last year, total donation from the command was $29,200 from 54 percent of the staff.

Units, with keypersons listed, who reached 100 percent of participation were:

Legal, Wendy Gross; Education/Training/Administration, HM1 Claudia Abbott; Clinical Investigation Center, HM1 Howard Jones; Dental Service, CDR William Walker; Public Works Service, Joanne Payne; Ward 9 West, LTJG Karin E. Lundgren; Ophthalmology (doctors), LT Douglas Marx; Word Processing, Lucille Herrick; Internal Medicine (doctors), LCDR Robyn Tyler.

Also, Pediatrics (doctors), LCDR John Rowe; Surgeons, CAPT Robert Cave; Internal Medicine (residents), LCDR Paul Garst; Anesthesiology, Susan Stark; OPD Peds/OB-Gyn Clinic, Lenore Brady; OPD Surg/Int Med Clinic, LCDR Mary Petrosky; OPD Allergy/Adolescent Clinic, Charlotte Simonson; Food Service (one section), Mervin Shans; Pharmacy, HM3 Mary Smith; Ward 7 West, HA Scott Schwenkler, and Alcohol Rehabilitation Service, HM3 John Weaver.

The efforts of the following keypersons are also appreciated:

HM2 Arthur Auston, HMC Agustinito Cruz, David Lankford, John Pacely, SH2 Kathryn Bradford, LT Harvey Adkins, HM2 Martin Longhorn, Charles Johnson, LT Diane Workman, HM2 William Kerr, LCDR Basil Pugh, HM1 Linda Chamberlain, and Millie Lumley.

Also, Brian Dearnaley, HM2 Stephen Stroud, LT Deborah Sohl, LT Katharyne Johnson, LT Melanie Kaubisch, LT Eileen Grebb, HN Wade Madison, HA John Payne, HA Spivie Moore, LT Lynn Becknell, HM2 Shelly Tonge, LCDR John King and RP1 Roger Minks.

Also, HM3 Michele Brashier, PN2 Demetrio Suratos, Jr., HM2 Janice Reynolds, Sandra Harris, HM2 Patricia Jones, CAPT James Bethel, MM1 Kevin Garber, Vera Jones, HA Sandra Brumble, Kenneth Wylie, Larry Hender son, Maurine Tinsley and HM Regina Robinson.

Also, LT Fred White, EN Elenamaria Steinhauser, HM3 Michae Duncan, Gary Louis, Lula Sander, HM Gary Griffin, HM2 Herbert Jones, Ann Maria Mullen, Dr. William Hayes, H Margaret Cheeseman, HM2 Robe Wettlaufer,HM2 Stephen Carow, LCD Thomas Tomzak, Sheree Thomas Sam Barnett, LCDR Bielawski and L Mary Schetter.

Nurse Corps LCDR Margaret Burns served as this year's CFC Chai man at Oak Knoll.

Jan. 19 election

NRMC employees to vote on AFGE representation

Federal Labor Relations Authority (FLRA) representatives will be at NRMC Oakland Wednesday, Jan. 19, to supervise a secret ballot election under Title VII of the Civil Service Reform act of 1978.

The election will permit non-supervisory General Schedule (GS) employees other than firefighters to determine whether they wish the American Federation of Government Employees (AFGE) to represent them for purposes of exclusive recognition. Employees in professional positions have an additional option under the law to vote whether to be included in the unit.

Eligible employees will be included in exclusive representation by the union if a majority of the employees **who vote** choose to be included in the unit. Therefore, in order for the election to represent your wishes fairly it is important to you to actively participate and vote **"yes"** or **"no"** for the union. If you do not vote, the outcome of the election will be determined by those who have taken the time to show that they care.

Management officials and supervisors, confidential employees, and employees engaged in personnel work in other than a purely clerical capacity are not eligible for inclusion in the unit.

An official notice of the election will be posted on bulletin boards.

The polling site will be in Conference Room 4-5-6 in Building 500. The polling site will be open from 6 to 9 a.m. and from 2 to 5 p.m. on Jan. 19, 1983. Eligible employees in outlying NRMC facilities will be given the opportunity to vote by mail ballot.

Naval Academy applications due

The deadline for applications fro active duty Navy and Marine Corp enlisted personnel and drilling rese vists who wish to attend the Navi Academy is Feb. 15. The Secretary o the Navy may appoint a total of 8 from each group every year.

Those selected can be no older tha 22 on July 1 of the year in which the enter the academy. Applicants may b appointed directly to the academy o offered a billet at the Naval Academ Preparatory School (NAPS) Progra NAPS is an intensive one-year cou of study which improves the app cant's chances of selection and su cess at the academy. While attendanc at NAPS is not mandatory, a high pe centage of enlisted members selecte to attend the academy are drawn fro the NAPS program every year.

Personnel applying for the progra must be U. S. citizens between age and 22, unmarried and without depe dents, and have one year on active du before July 1 of the entering year.

Application instructions are co tained in OPNAV Instruction 1531.4 of Dec. 30, 1981.

Advisory board meets with CO

The Civilian Employee Advisory Board met with the Commanding Officer on Nov. 16, with the meeting called to order by the Vice-Chairman, Betty Anderson. Seven representatives attended; six were absent.

Progress reports were made on orientation programs for new civilian employees, training and development, Employee of the Quarter Award, and board appointment letters.

Discussed under new business were:

- Special Rate Pay.
- Performance Evaluations.
- Grievance/Discrimination Procedures.
- NRMCO Instructions Affecting Employees.
- Vacancy Announcements.
- Contracting Out.
- Federal Women's Program.
- Advisory Board Member Replacement.

A copy of the complete minutes for this meeting is posted on the Civilian Employees Bulletin Board on the bulkhead opposite the dining rooms on the third deck of the hospital. All civilian employees are encouraged to read them.



Red Cross has important role in aid to patients, families

By Pat Heaphy



DIRECTOR—Janet Wilson heads up the American Red Cross at Oak Knoll. She directs all activities on base and oversees more than 60 volunteers. The office is in Bldg. 71A and is open from 8 a.m. to 4:30 p.m., Monday through Friday. There is also a lounge in the same building which is open to all staff and patients of the command.

Two career personnel and more than 50 volunteers represent the American Red Cross at Naval Regional Medical Center, Oakland, where they work around-the-clock in support of patients, families and staff members.

The local organization is similar to those found on U. S. military bases around the world. Here, the agency is divided into four different areas:

• **Social Work.** Social workers provide counseling for personal and family problems; verify emergency leave, health and welfare reports; coordinate rapid communication to more than 3,500 other chapters worldwide; provide financial emergency assistance, and lend support to relatives of the seriously ill, as well as helping with other problems which arise from illness and hospitalization. Specially-trained staff members also counsel the terminally ill, their families, women considering abortion, and families identified with child and/or spousal abuse.

• **Personal Service.** Most frequently seen around the hospital wards are the personal service workers. These Red Cross volunteers serve the inpatients by bringing little extras such as books, magazines and personal hygiene items to the bed-ridden. Their visits also bring friendship and cheer.

• **Clinic Volunteers.** Most of those working in this category have had prior hospital experience and are often retired hospital corpsmen or medical workers. They can be found doing an assortment of duties in the various clinics, and their contribution is invaluable in the smooth functioning of the medical center.

• **Recreation Volunteers.** These Red Cross representatives take ambulatory patients on field trips such as 49'ers games, celebrate birthdays with long-term inpatients, and teach arts and crafts on the wards.

In addition to the above services, the Red Cross offers patient education programs such as the ongoing Preparation for Parenthood course and pre-surgery classes.

"Volunteers are always needed at Oak Knoll," said Janet Wilson, Station Director at NRMC Oakland. Miss Wilson said the volunteers are interviewed, trained and placed in many departments throughout the medical center. Men and women, 18 years of age or older, are welcome. Most of the volunteer activities do not require prior training, but if needed, the training will be accomplished in the using department. People with medical field expertise can, of course, both maintain their skills and make a significant contribution through volunteer service.

Those wishing more information may call 639-2525, or stop by the Red Cross lounge in Bldg. 71A between the hours of 8 a.m. to 4 p.m., Monday through Friday.



OSPITAL ORIENTATION—Ardeth klinchar gives hospital tours for ew volunteers. Here she shows Mary Herlemen the newborn nursery n the 7th Deck.



CLINIC VOLUNTEER—Mary Paternoster works in the OB/GYN Clinic every week, helping wherever she is needed. Many clinics in the hospital rely on Red Cross volunteers to lend a helping hand.

(More photos, Page 6)



HAND-CRAFTED—Many of those who donate their time to Red Cross projects are never seen here at the hospital. These are the people who do handy work in their homes and donate materials to the Red Cross to be distributed as needed. Doris Gibson, a long time Red Cross volunteer, covers Brian Martin with a hand-crocheted blanket for his use while hospitalized.



VOLUNTEER TO VOLUNTEER—Joanne Black (right) a volunteer caseworker spends a few minutes talking to Philameno Russo former Red Cross Secretary and presently a volunteer two days a month.



BLOOD BANK VOLUNTEER—"Pat" Paternoster, a retired Chief Hospital Corpsman, volunteers his services weekly to Laboratory Services. Mr. Paternoster is an expert in drawing blood according to patient LeRoy Engbert (right).

Red Cross volunteers--

(Continued from Page 5)



BOOKS AND MORE BOOKS—Irene Figroid delivers a TV guide to patient and Marine Corps Private First Class Troy Smith. Irene, who has worked as a Red Cross volunteer here for many years, is often seen visiting patients and pushing around a grocery cart filled with books, magazines and other articles of interest for the hospitalized.



BLOOD PRESSURE CHECK—Gary Brown, a retired Navy member, volunteers his services in the Primary Care Clinic one full day a week. He does check-ins and vital signs when the patients first arrive in the clinic.

Former Oak Knoll intern aids Indian crewmember

LT Konrad Hayaski, an intern from last year's class at NRMC Oakland, recently rendered assistance to a crew member of the Indian merchant vessel "VISHVA NIDHI."

On Nov. 21, during a transit from Singapore to Diego Garcia, the Combat Stores Ship USS WHITE PLAINS (AFS 4) received a call for medical assistance from the "VISHVA NIDHI." A radio conversation proved unsuccessful in determining appropriate treatment for the severe stomach pains suffered by a crewmember so the WHITE PLAINS doctor, LT Haysahi, decided that an on-scene examination was required.

The two ships closed each other and a motor whale boat with a medical team was dispatched to the merchant ship. After examining the 20-year-old Indian patient, Dr. Hayashi ruled out appendicitis, and found that the more severe symptoms had begun to subside. After a thorough examination, the WHITE PLAINS' doctor prescribed treatment, which led to continuing improvement in the patient's condition. VISHVA NIDHI's Master, CAPT K. P. Gopal Rao expressed gratitude to the medical team.

WHITE PLAINS, commanded by CAPT D.L. KERR, is homeported in Yokosuka, Japan, as part of the Navy's overseas family residency program.

Happy 'losers'

Weight loss program off to successful start

There has been almost overwhelming response to the behavioral weight reduction program initiated by staff psychologist LT John Brown and psychology intern Ms. LeeAnn Bartolini during the first week of November. The first group is already larger than originally planned and a waiting list was started less than two weeks after the program began.

Even more encouraging than the number of people wanting to enter the program is the low number of dropouts—only one to date—and the success of participants in losing weight. The first monthly "progress review" held Dec. 7 showed an average loss of exactly one pound per participant per week. Only one of the 15 participants failed to lose weight.

The program consists of weekly meetings in which group members are given suggestions for changing their eating and exercise habits to permit gradual weight loss and a healthier lifestyle. Increasing physical activity and exercise are stressed at every meeting. Other topics include dealing with emotional eating, reducing temptations to eat, breaking "conditioned" eating habits, and keeping obstacles to weight loss from becoming excuses for not losing weight. LT Faythe Weber, Dietician, periodically uses a group meeting to present nutritional information and often attends other sessions as a resource person. All group leaders discourage fad diets and recommend a balanced diet with moderately reduced caloric content combined with a more active, enjoyable lifestyle.

Participants attribute their weight loss to a variety of personal changes but are nearly unanimous in their enthusiasm for the group's assistance. For HM3 Kathy Stilwell, who has lost 12 pounds since her first group meeting, the biggest change has been an improvement in her self-image and a corresponding decrease in emotional eating. As she states, "I'm not there yet, but with the better understanding I have of myself and my eating habits I feel much more confident of success." Dr. Brown attributes much of the program's success to the motivation participants bring to the group and their weekly confrontation with the scales.

The hospital weight reduction program has already scheduled a second group to begin the first week in January and may start a third group if necessary. These groups and a planned monthly followup group will be a collaborative effort by Dr. Brown and LT Weber. According to Dr. Brown, the strong demand for assistance in losing weight stems partly from a recent OPNAV instruction concerning physical fitness and partly from an increasing awareness of the individual's role in maintaining his or her own medical health.

Priority for space in all weight reduction groups is given to active duty hospital staff, with next highest priority going to other active duty personnel and to authorized civilian hospital staff. Eligible beneficiaries living or working in Alameda may prefer to join groups starting in early January at the Counseling and Assistance Center (active duty) or the Alameda Branch Clinic (primarily dependents); Dr. Brown will help start both groups. A similar program run by psychologist LT Wayne Murphy will start another group soon at the Treasure Island Branch Clinic.

Goals of the NRMC Oakland weight reduction program are to help all interested hospital staff get within the Navy's weight limits and, when possible, help other eligible overweight beneficiaries improve their health l losing excess weight. LT Weber and D Brown are currently collaborating on nutrition and behavior change inform tion packet for use by staff ar patients unable to attend weekly gro sessions. Everyone receiving th packet will be expected to arrange fo supervised weekly "weigh-in" to mon tor progress in losing excess weight.

Staff and patients interested in lo ing weight are encouraged to call 218 or 2494 for further information. An one interested in contributing to th weight control program or interested developing skills in helping others lo weight are also encouraged to call or of these numbers.

Classes to train BLS instructors

More instructors must be trained Basic Life Support (formerly Ca diopulmonary Resuscitation) to mee the requirement that all Medical Corp officers of this command become BLS certified.

To meet the demand, Staff Educa tion and Training Service ha developed a special 16-hour BL Instructor Course, to be held on Mon day and Tuesday, Jan. 10-11, from 8 a.m. to 4:30 p.m. on 6 South. Partici pants must register by Jan. 4 with HM1 Thomas at Ext. 2003.

Pre-requisites for course atten dance:

- Have a current BLS provider card
- Desire to teach.
- Be able to instruct two classes each year.

Drug abuse survey final results reported

The Navy's drug control initiatives have been a key factor in the significant decline of marijuana use among the Navy's E-1 to E-5 population, according to a report from the research firm of Booz, Allen and Hamilton, Inc. The report presents final results of the Navy's random urinalysis tests conducted in Norfolk, Va, and San Diego, Calif. on Aug. 30.

Statistical analysis of the results indicates that a reduction in drug use of more than 50 percent has occurred during the two-year period since their last major survey in 1980.

While these results are significant and welcome, the strong drug control program initiated in 1981 will continue in order to further reduce levels of drug abuse. The Navy policy remains "zero tolerance."

Your CFC Contributions Will Help Millions of People Live a Healthier Life. Thank You.

NATIONAL HEALTH AGENCIES

National Health Agencies for the Combined Federal Campaign

Moffett Clinic—only Navy treatment facility in South Bay

One of Naval Regional Medical Center Oakland's larger branch clinics is located aboard Naval Air Station, Moffett Field, home of the Commander, Patrol Wing Pacific Fleet. The air station was commissioned in 1933 to serve as a base for dirigibles.

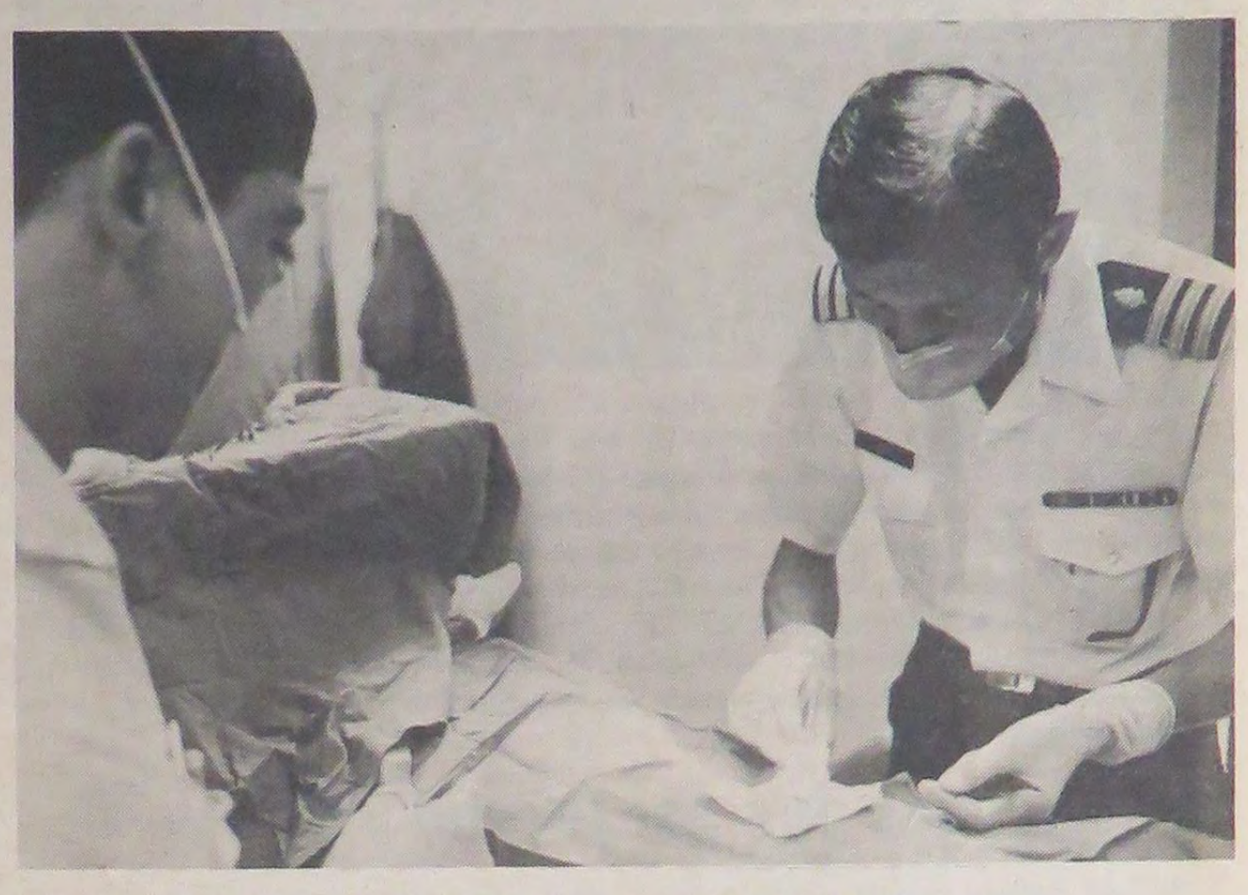
A clinic staff of 120 officers, enlisted and civilian personnel provides health care to approximately 8,000 active duty personnel and more than 130,000 active duty dependents, retired personnel and their dependents.

Outpatient care, optometry, preventive medicine and occuptional health services are offered. Additionally, specialty care is provided by eight services of the Oakland Navy Medical Center.

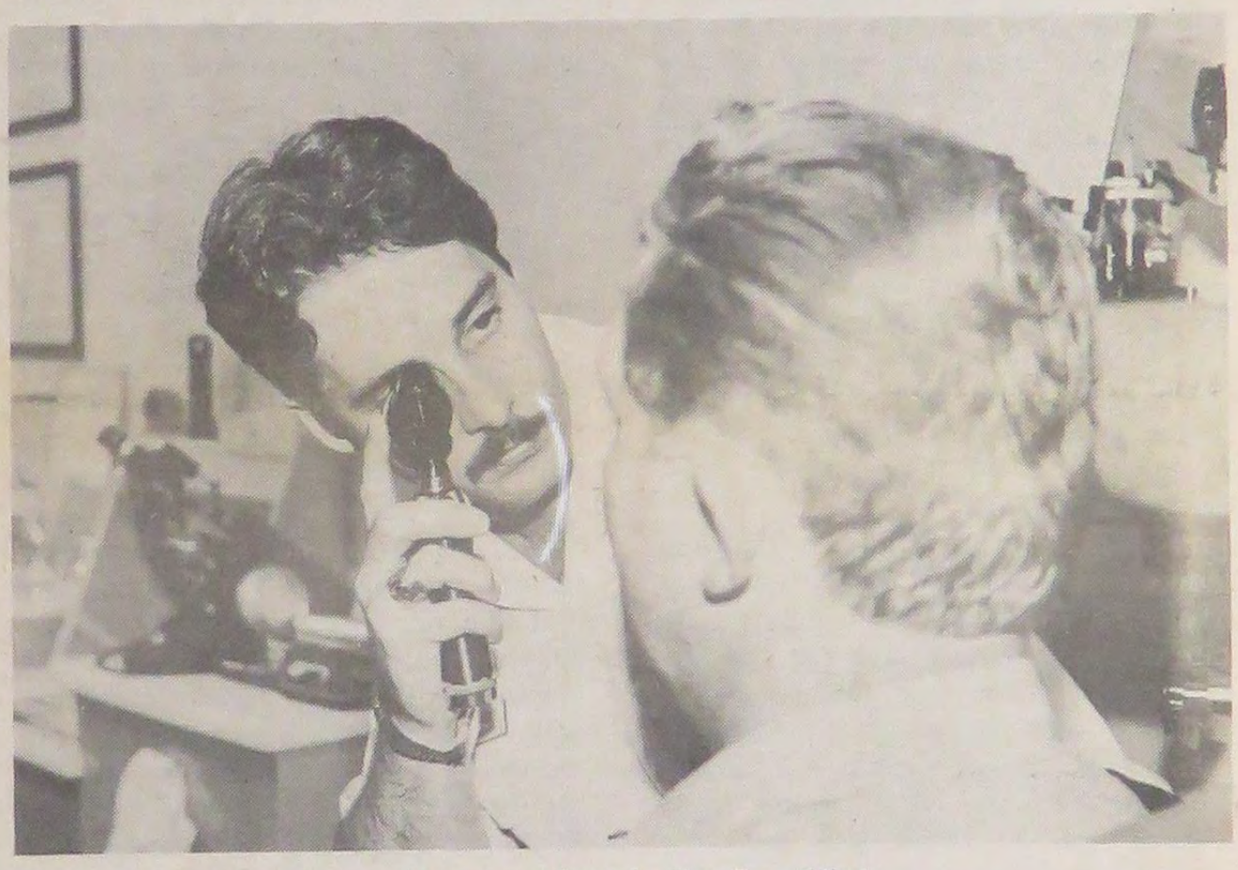
Monthly workload averages 10,000 outpatient visits, 12,000 laboratory tests, 15,000 prescriptions, and 1,200 x-rays.



N Ken Davenport takes inventory in the well-stocked Pharmacy. In the back-round is another clinic staff member, HMC Gile Rubio.



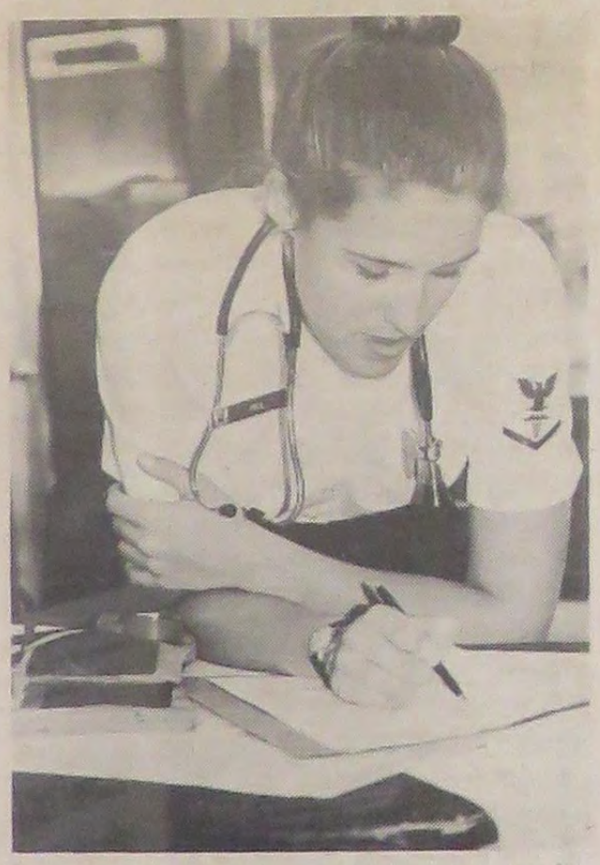
HM3 Gerald Nelson assists CDR Hong Sohn in minor surgery.



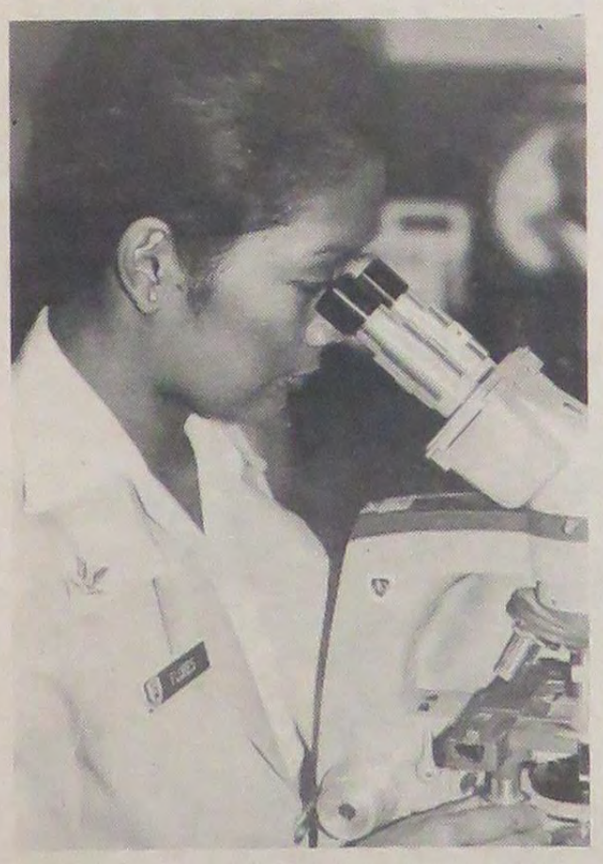
LT Mark Fantauzzi examines a patient in the Eye Clinic.



M3 Daniel Grady loads a syringe in e Urgent Care Clinic.



HM3 Lori Hill annotates records in the Urgent Care Clinic.



HM3 Linda Flores performs on-the-job training in the clinic lab.



Also a laboratory worker is HM1 Val Mapalo.



HM3 Sterling McCullough checks an X-ray.

Another photo, Page 8



ASSISTANCE VISIT—The Honorable Joseph K. Taussig, Jr., (center), Deputy Assistant Secretary of the Navy for Civilian Personnel Policy and Equal Employment Opportunity, visited Naval Regional Medical Center, Oakland on Dec. 10. While here he conferred with Rear Admiral Robert C. Elliott, Commanding Officer, and Weldon Miles, Deputy Equal Employment Opportunity Officer. Secretary Taussig presented the keynote address at a memorial ceremony aboard USS ARIZONA in Pearl Harbor on Dec. 7. He was an ensign aboard the battleship NEVADA in 1941, and lost a leg in the attack. He remained in the Navy despite his injuries, retiring as a captain. He was a patient at Oak Knoll for a short time in 1950.

Pay changes due for retired military

Retired military people working for Uncle Sam will find reductions in their civilian paychecks soon, according to new laws. Here are some of the changes in civil service retirement programs according to Public Laws 97-248 and 97-253.

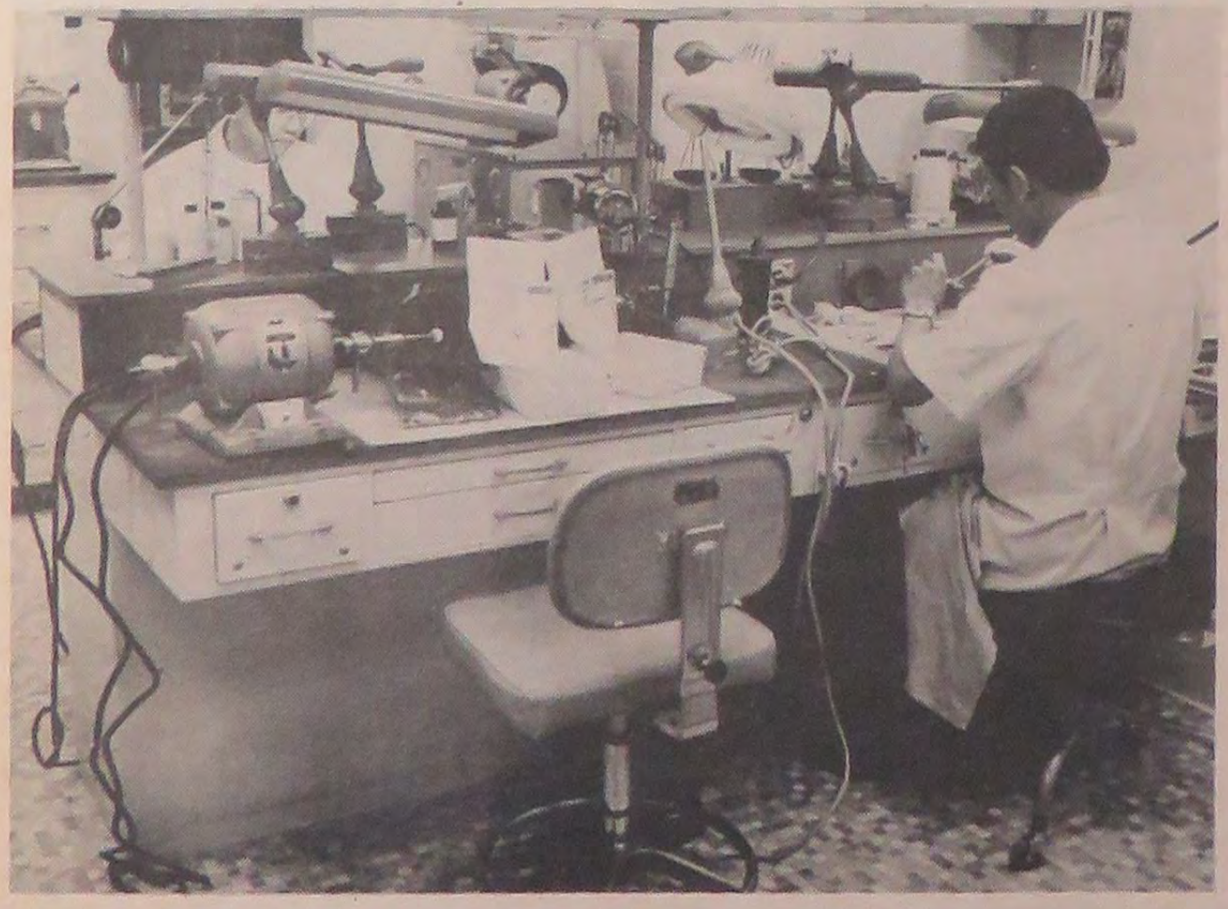
Military retirees in federal civil service will have their pay reduced by the same dollar amount their retired military pay is increased by the cost-of-living adjustment in fiscal years 1983, 1984 and 1985. There are no changes to pay of employees whose retired pay is based on wartime, service-connected disabilities.

Credit for military service also has been revised. Military service was credited to civil service annuities at one time, but the annuity was recomputed when the retiree reached age 62 to exclude credit for military service after 1956 for those eligible for Social Security benefits. Now, people hired before Oct. 1, 1982, will have the option of continuing under the previous laws' provisions—recomputing their annuity at age 62—or making a deposit equal to seven percent of any basic military pay received after 1956 and not having their civil service annuity reduced.

People with military service who are hired by the government on or after Oct. 1, 1982, no longer will have their annuities recomputed at age 62. Instead, they will get civil service retirement credit for post-1956 military service only if they deposit a sum equal to seven percent of basic military pay received after 1956. Interest will not be charged on deposits made during the first two years of civil service employment.

After Oct. 1, 1982, retirement pay of current annuitants with previous military service will be reduced at age 62 by a fraction of their Social Security benefit. The reduction can be computed by dividing total military wages subject to Social Security deductions by total lifetime wages, including military wages subject to Social Security deductions. Civil service employees whose only Social Security-covered employment was while in the military will have the civil service annuity reduced at age 62 by the amount of the Social Security benefit they are eligible for at age 62. The reduction will not be greater than the reduction required by the old law. The new formula includes annuity payments to those who reached age 62 previously and have had their annuities recomputed.

Regulations, pay tables and instructions are expected soon from the Office of Personnel Management. (NES)



Working in the well-equipped Dental Prosthetics Lab of the Moffett Clinic are DTC Takazhi Akizuki (background) and DT3 Rene Jaime.

CHAMPUS hospital care determined by zip codes

As of Jan. 1, the zones around military hospitals within which military families must get nonavailability statements for non-emergency inpatient care in civilian hospitals will be determined by zip codes.

CHAMPUS claims for non-emergency care obtained after Jan. 1 for families within the new zones may be denied unless a nonavailability statement is included. Families on the periphery of the former zones—that is, those who live approximately 35-60 miles from military hospitals—should check with the local military hospital to find out if their homes fall within the new boundaries. Families closer than 35 miles should assume that the non-availability statement requirement applies to them. Previously, the requirements applied only to families living within a rough 40-mile radius of a military hospital.

The action by the Defense Department is intended to contain costs without cutting the medical benefits available to service families. Skyrocketing health care costs in the civilian sect have forced expanded use of existin military medical facilities. Using milita hospitals and clinics, instead of CHA PUS, saves money for service famili and for the government.

Currently, more than 55 percent CHAMPUS inpatient dollars go f families who live near military hospital By returning CHAMPUS to its intende role as a supplement to the milita hospital system, CHAMPUS benefi can be preserved. This is especial important for families who live too f away to use military hospitals. As it i these families pay more for their healt benefits because the cost-sharin CHAMPUS program is their on option.

CHAMPUS—the Civilian Health an Medical Program of the Uniform Services—shares the cost of care civilian medical facilities for active-du families, retirees and their families, a survivors, when military hospitals a unable, or too far away, to provide th needed care.

CHAMPUS targets claims fraud

The battle against claims fraud is in high gear.

Planting itself squarely in the path of those who would raid the pockets of taxpayers by filing fraudulent claims, CHAMPUS headquarters created the Office of Program Integrity last year. Its purpose has been to work with CHAMPUS claims processors and with investigative units in detecting cases of possible fraud and abuse in the CHAMPUS program.

In late news from the "front:"

*A former employee of a San Diego psychiatrist will be sentenced in December for her admitted falsification of CHAMPUS claims over a seven-year period beginning in 1973. She confessed to having received a total of $26,000. The woman faces a possible sentence of five years in prison and a $10,000 fine. Prosecution of the employee came after a year-long investigation by CHAMPUS and the Defense Department's Criminal Investigative Service (DCIS).

*An employee of a San Diego based insurance firm has plead guilty to one count of theft of government property, in the filing of false claims with CHAMPUS. She was charged with embezzlement of $1,800 between January 1981 and August 1982 by filing 45 false CHAMPUS claims for medical services. Information obtained from th insurance company was provided b CHAMPUS to DCIS, resulting in th woman being taken into custody. Sh was sentenced in federal court to tw years' probation, and was ordered t repay the $1,800 to the government.

*An appeal of a criminal convictio has been denied for four Californi doctors who were convicted last yea of mail fraud, conspiracy and filin false claims against the governmen The physicians, who operated a mar riage and family counseling center, go CHAMPUS-eligible patients to sig blank CHAMPUS claim forms. The subsequently submitted claims t CHAMPUS for services not performed and for services performed by pro viders of care who were not authorize to receive CHAMPUS payment for thei services. Following their conviction, th four physicians were terminated a authorized providers of care unde CHAMPUS for a period of five years.

Since the formation of the CHAMPUS Office of Program Integrity, more than $250,000 has been recouped through aggressive pursuit of cases o fraud or abuse. In addition, the Office of Program Integrity is presently pursuing cases of probable fraud or abus involving nearly $395,000 in claims.

Travel agency contracts tested

DoD travelers at the U. S. Army's Tank Automotive Command (TACOM) in Warren, Mich., began this fall to get their tickets and reservations through a civilian travel agency.

In a move to cut travel costs, the Department of Defense selected TACOM as the first of three sites for testing contracts under which civilian travel agencies would provide comprehensive travel services to personnel on Defense travel orders. Personnel at the two other sites, Travis Air Force Base, Calif., and the Marine Corps Base at Quantico, Va., will soon do their traveling under the new program.

The "one stop-shopping" plan, already in use by corporations, covers ticket reservations and deliveries, car rentals, hotel reservations and printed travel itineraries.

According to the Military Traffic Management Command, the government will pay lower prices to carriers, car rental agencies and motel/hotel operators. A contractor performing thi service would be paid by commission and defrayed operating costs.

Drug Screening needs applicants

Applications will be accepted unt further notice for Medical Technician (Chemistry) GS-5 positions in Drug Screening.

All qualified applicants in the San Francisco Bay Area will be considered.

Two years of general, and one year of specialized experience is required Successful completion of all th requirements for a bachelor's degree (with major study in a field appropriate to the specialization) in an accredited college or university may be substituted for three years of experience.

For further information, call Maurine Tinsley, Civilian Personnel Service, (415) 639-2116.

Comings and Goings

"Fair winds and following seas" to the following personnel who have recently departed this command:

HM1 Nestor Feliciano to USS NEW ORLEANS (LPH 11).

HM1 Robert A. Gurney to NAS Glenview.

HM1 Michael Roach to FMSS Camp Pendleton, Calif.

HM1 Aurelio Picart to 3rd Marine Division.

HN Anthony Dunlap to NSHS, San Diego, Calif.

HA Barbara Miller to Branch Medical Clinic, Key West, Fla.

HM3 Vicki Welch to NRMC Long Beach, Calif.

HM2 Valarie Young to NSHS, Bethesda, Md.

HMC Alfonso Esporo to NRMC Guam.

HM3 Cheryl Proctor to NSHS, Bethesda, Md.

HM2 William Lough, released from active duty.

HM2 Leonard Woods, released from active duty.

HN Thomas Fields to Field Medical Service School, Camp Pendleton.

HM3 Martin Blanko to NRMC Portsmouth, Va.

MACS Edward Sharp to the USS MANAKEA.

HN Christian Fowler, to NRMC Charleston, S.C.

HN Paula Dozitsky to NRMC Jacksonville, Fla.

HN Julie Dryer to NRMC Portsmouth, Va.

HM3 Kathie Kluckey to NNMC, Bethesda, Md.

HM3 Timothy Cotton to 3rd FSSG, FMFPAC Okinawa, Japan.

HA Edward Vranian to NNMC, Bethesda, Md.

HA Mark Netherton to NRMC Charleston, S.C.

HM3 Jon Bangs to NRMC Camp Lejeune, N.C.

HM3 Garth Renaud to NNMC, Bethesda.

HM3 Blaiss Fossum to Naval Hospital, Guantanamo Bay, Cuba.

HM2 Arturo Banaag to 3rd Marine Division, FMFPAC.

HM2 Michael Duram to NRMC Subic Bay, P.I.

HM3 Pamela Smith to NRMC Camp Pendleton.

HM2 Mark Sejeck to USS L.Y. SPEAR (AS-36).

HM2 Lowell VanEtten to NRMC Great Lakes, Ill.

HM3 Lee Tandus to Naval Hospital, Beaufort, S.C.

HM2 Joseph Sheltry to Naval Hospital, Whidbey Island, Wash.

HM3 Kevin Smith to FSSG, FMFPAC.

HM2 Daniel Shulla to 2nd Marine Air Wing, FMFLANT.

HM3 Deborah Schafer to NRMC Long Beach.

HM3 Anthony Pridemore to Naval Aerospace Medical Center.

HM2 Scott Bowden to Sasebo Branch Clinic, Japan.

HM1 Paul Conlin to NNMC, Bethesda.

HM2 Mitchell McNair to the USS KITTY HAWK (CV-63).

HM3 David Killingsworth to NRMC, Subic Bay.

HM3 Paul Jackson to NRMC Camp Pendleton.

HM3 Thomas Petrilak to NRMC Quantico, Va.

HM3 Julie Ullrich to NRMC Orlando, Fla.

HM3 Terrell Perkins to Ballston Spa Branch Clinic.

HN Donald Rose to USS KALAMAZOO.

HM3 Peter Carrillo to USS KANSAS CITY.

HM3 Donnie Bracley to USS VIRGINIA.

HM3 Bertha Williams to Branch Clinic Treasure Island.

HM3 Ernest Bester to Lowry AFB, Colo.

• • •

"Welcome aboard" to newly-arrived:

HM2 John E. Legg, Supply.

HN Anthony Baker, Surgery.

ENS Chester Goggin, Nursing Service.

HR Harry P. Ganley, Operating Management.

HR Kenneth Eder, Military Manpower.

HN Kenneth Mosely, Nursing Service.

HA Edward McCoy, Nursing Service.

HN Rex A. Smith, Nursing Service.

HR Chuck Rowland, Nursing Service.

HR Robert Emmons, X-ray School.

HN Bernard Jackson, X-ray Department.

HR Dennis Chesney, Career Counselor's office.

LTJG Gail Mattison, Supply.

HA Godfrey Rodgers, Lab Service.

DN Raymond E. Painter, Dental Service.

HR John K. Smith, Special Services.

HM3 Dennis Riccio, Eye Clinic.

HMC Suey Mai Lee, X-ray School.

HM3 Mark Reading, Operating Management.

HN Cryston Webster, Nursing Service.

HA Donnie Null, Operating Management.

Kudos . . . .

LETTERS OF APPRECIATION

Lieutenant Junior Grade Ronald J. Logan Medical Service Corps

Senior Chief Hospital Corpsman Joe S. Eastham

Hospital Corpsman First Class Chris L. Whitehead

Hospital Corpsman Third Class Shelley Tonge

Memorial services for CDR Millard

Memorial services were held in St. Luke's Chapel at Oak Knoll on Dec. 8 for retired Navy Medical Service Corps Commander Matthew Joseph Millard, 75, who died at Naval Regional Medical Center, Oakland, Dec. 5 after a lengthy illness.

Commander Millard, in his second tour of duty here, served as Administrative Officer for Naval Hospital, Oakland from 1953 to his time of retirement in 1957. In an earlier tour, 1947-49, he held the position of Finance Officer. He served 30 years in the U. S. Navy.

He is survived by his wife Vivian, two sons, Raymond and Ronald, and six grandchildren.

The Millard home has been San Leandro for the past 25 years.

Scholarship application available from auxiliary

The Naval Regional Medical Center Officers' Auxiliary has applications available to any needy military dependent for college scholarships for the 1983-84 school year.

These applications must be returned by March 31, 1983. For more information, or an application, call Roseann Tedesco at 982-3641.

CDR Newell retires Dec. 31

Commander Richard L. Newell, 45, Chairman, Department of Optometry, will retire from the Navy on Dec. 31 after 20 years' service.

"My naval career has been very enjoyable and rewarding," he told us. "I have achieved the goals that I set for myself and have made many very good friends... It is time, however, to embark on a new career and to meet new challenges. I am confident that my naval experience will aid me... I extend my heartfelt thanks to those who have supported and assisted me along the way."

The son of Gracie and the late Rex Newell of Twin Falls, Idaho, considers Glenns Ferry in the same state as his hometown. He is a graduate of the University of Idaho, Pacific University and Tulane University, and holds a bachelor of science, doctor of optometry, and a master's in public health. Service schools completed during his career have been the Naval School of Health Sciences, Bethesda; Naval Ordnance Systems Command Safety School at Indiana University, and the Field Medical Service School at Camp Pendleton, Calif.

Dr. Newell has been assigned to Oak Knoll for two years. In his previous billet he was Specialty Advisor for Optometry in the Bureau of Medicine and Surgery. He first served in the Air Force, 1962-65, then transferred to the Navy. Naval duty has been in San Diego, Vietnam, Yorktown, Va., and El Toro, Calif.

The optometrist and his wife, the former Theresa Kelley, make their home in Alameda. He is also the father of Jodi, Erick and Christopher Newell.



CDR Richard L. Newell

BIRTHS

The following new additions to the Navy medical "family" have arrived at Naval Regional Medical Center, Oakland:

A baby girl to Lieutenant Commander Ernest J. Uffers, Branch Clinic Mare Island, and his wife Julie on Dec. 2.

A baby girl to Hospital Corpsman First Class Thomas D. Kimbley, USS HECTOR (AR-7), and his wife Kathleen, Dec. 3.

A baby boy to Hospital Corpsman Second Class Randolph Terracino Branch Clinic Moffett Field, and his wife Pixie on Dec. 6.

A baby girl to Hospital Corpsman Third Class Lora Lee Puckett, Branch Clinic Mare Island, and her husband Joelle on Dec. 12.

Time to report 1982 history

The annual Command History Report is due at higher headquarters shortly after the first of the year. It is prepared by the Public Affairs Office at Naval Regional Medical Center Oakland.

So that the report becomes more comprehensive, chiefs of service have been requested to review changes that have occurred within their respective departments during Calendar Year 1982 and submit feeder information to the PAO no later than Jan. 21.

Significant changes involving mission, key personnel, major equipment acquisition, renovations, organizational restructuring or physical relocations should be reported.

In-depth submissions will go forward as narrative enclosures to the report and should be in appropriate final form.



BEST DICTATOR—LCDR Darrel A. Baker, oral surgeon with Dental Service, receives the Dictator of the Month Award from Betty Raab, head of the Word Processing Branch. He was cited by branch employees for excellence in dictation.

HMC Jackson to retire Dec. 31

Chief Hospital Corpsman David R. Jackson will wind up a 20-year Navy career on Dec. 31 when he is "piped over" in the traditional manner.

"I'll be ending one career, but beginning a new one (as a civilian) by simply changing compass course and bearing," he said, adding that "I've been everywhere I wanted to go and done everything I wanted to do in the service, and I feel I am leaving the Navy in good hands."

The leading chief petty officer of Nursing Service has been stationed at Naval Regional Medical Center, Oakland, for two-and-a-half years. Other duty has included service aboard the USS FORT FISHER (LSD-40) as Senior Medical Department Representative, with the Third Marine Division, and at the U. S. Naval Hospital, Taipei, Taiwan.

Chief Jackson received the second Semi-Annual Leadership Award given by Naval Regional Medical Center, Oakland, early this year for excellence in supervision of the 175 Hospital Corps personnel assigned to Nursing Service, and in his additional role as Assistant Operations Officer of the Mobile Medical Augmentation Teams Program.

Other awards earned over the years are the Naval Commendation and Navy Achievement Medals, the Battle Efficiency, and four Good Conduct awards.



HMC David Jackson

He has attended George Washington University and completed Independent Duty, ENT Technician and Field Medical Service Schools.

Chief Jackson will continue to make his home in Fremont after retirement with his wife Shung-Chou and daughter Mei-Ling.

He is the son of Mr. and Mrs. David R. Jackson of Greensboro, N.C.

Child safety law effective Jan. 1

Motor vehicle accidents are the leading cause of death in children of all ages. Using crash-tested safety seats or seatbelts consistently is the single most important step parents can take to protect their children's health and safety.

Crash-tested safety seats can reduce the possibility of death by 85 percent, serious injury by 70 percent. Child safety seats can also prevent accidents since active children restrained in seats or belts are less likely to distract the driver.

A new California Law, SB 567, goes into effect Jan. 1, 1983. This legislation requires every parent (or responsible adult, if parent is not present) to provide an **approved** child restraint system for each child passenger under 40 pounds or four years of age.

A series of 20-minute briefings fo interested staff and outpatients will b presented in the Radiology/Orthopedi area of the hospital on Dec. 29 and 30 from 8 a.m. to noon each day. "B informed—not fined" is the theme o the briefings.

Several models of approved safet seats are available at the Nav Exchange. The Navy Relief Socie Thrift Shop in Bldg. 101 at Alamed has used seats for sale, but befor purchasing these used seats, mak sure that they have been dynamical crash-tested.

Further information on choosin safety devices for children may b obtained from Hospital Corpsman Fir Class Claudia Abbott, Staff Educatio and Training Service, Ext. 2003/211 or the Pediatric Clinic, Ext. 2374.

CNO addresses compensation issue

"We have to watch the fair treatment of our people," Chief of Naval Operations Admiral James D. Watkins told a recent conference of naval officers.

Citing the past two years' compensation action, which he said "compensated for years of past neglect," Admiral Watkins promised to work to prevent future erosion of those gains by pay caps or cuts in proficiency, special pay or reenlistment bonus funds. "Those kinds of cuts would mean five or six thousand petty officers less in our career force next year," he said. "I think it would be criminal to do that when we are just beginning to come out of the mess we were in during the latter part of the '70s."

Vice Admiral Lando W. Zech, Jr., Chief of Naval Personnel, explained in support of the position that, "recent personnel actions taken by the Navy which extended promotion dates and may extend overseas tours were forced by pending Congressional reductions of the Navy personnel budget. If these actions were not taken now, far more severe measures would have to be taken later in the year. We will continue to fight for restoration of personn funds, which are vital to the welfare o our Navy men and women."

Statistics show that equitable pe sonnel compensation has a strong positive effect. Following implementa tion of the October 1981 pa measures and benefits package, reten tion at all levels shot up, naval aviat shortfalls were reduced, 1982 nucle officer recruiting easily surpassed th previous best year (1980) and, largel as a result of meaningful sea pay, th fleet petty officer manning pictur improved significantly.

"We have now the highest retentio of both of our first-term and second term," Admiral Watkins pointed out, " lower UA rate, a lower desertion rat drugs cut in half—all the vital signs ar good."

The CNO sees a positive sign in th resurgence of public sentiment for a effective defense. "We have stron Navy support in this country. stronger than I have ever seen before," he said. "We have a responsibility t ensure that our people in the Navy un derstand how well they're thought of i the national scheme of things."

FRA announces contest theme for annual patriotic competition

The Fleet Reserve Association (FRA) has announced that the theme of its 1983 Americanism Essay Contest is "What the Bill of Rights Means to Me."

All students in grades seven through 12 are encouraged to enter before the March 1, 1983 deadline. Entries may be mailed to Harold R. McNichol, FRA Branch 10, 16193 Via Del Robles, San Lorenzo, Calif. 94580.

Entries must be legibly written, printed, or typed, using one side of the paper, and not more than 300 words in length. Judging will center on originality and sincerity.

All entries become the property of FRA and only one entry per student per year is permitted. Each submission must be accompanied by a separate sheet of paper attached with the following information: Name, address, zip code, telephone number of entrant; name of school and grade level; Social Security number of student, or name and Social Security number of parent or guardian; name of FRA member, or the number of the branch sponsoring (if no particular sponsor, use FRA Branch 10).

Any further questions may be referred to Hal or Sandy McNichol at 276-6080.

Awards will be made locally, and at region and national level, with the Grand National Winner receiving a $1,000 U. S. Savings Bond and a plaque.

National winners will be announced at the FRA National Convention in Washington, D.C. in September 1983.



BRINGING HOLIDAY CHEER—These Christmas Carolers from the Zion Lutheran Church in Piedmont entertained patients and staff on Dec. 11. Note that one of the singers wore a lighted Advent wreath in her hair.

(Photo by HN Mark Schultz, CCU/9E)

DoD wants to hear about voting problems

If you had a problem voting absentee this year, Defense voting officials want to know about it.

As the 1982 elections drew to a close, some absentee voters may have received their ballots too late to vote and return them to their voting districts in time to be counted. Some may not have received their ballots at all.

Such problems, which may deprive eligible absentee voters of the right to vote, are the focal pont of a survey by the Federal Voting Assistance Program (FVAP), the office responsible for managing absentee voting assistance for military personnel and U. S. citizens living abroad.

The survey includes voting assistance officers and counselors and local election officials who will be asked to identify the most frequently occurring problems in the absentee voting process. Local election officials will be asked to provide information regarding the mailings and processing of Federal Post Card Application forms and absentee ballots.

A similar survey of election officials and voting officers following the 1980 elections provide considerable information which helped improve the system. On the positive side it reflected increases in the frequency of voting as compared to the 1976 presidential election but the problem of late receipt of ballots remained.

The 1980 study showed some local election offices mailing their absentee ballots too late for the voter to execute the ballot, get it notarized and mail it i time to be in the polling place on o before election day.

Voting officials urge all absente voters to quickly vote the ballot an return it, even if the voter feels it won' arrive in time to be counted. Cour action could be taken which woul direct the counting of ballots receive past the normal deadline. The votin assistance office has required countin of late absentee ballots twice in Nev York State, Florida, and Santa Cla County, Calif.

If you encountered a problem votin absentee in the 1982 elections, con tact your voting officer or counselor, o write about it to Director, Federal Vot ing Assistance Program, 1B457, Pen tagon, Washington, DC 20301.



★ ★ ★ MOVIES ★ ★ ★

Friday, Dec. 24, CLOSED
Saturday, Dec. 25, CLOSED
Sunday, Dec. 26, 6:30 p.m.—FANTASTIC VOYAGE—STEPHEN MOORE, Edmond O'Brien—Sci-Fi/G
Monday, Dec. 27, 6:30 p.m.—ARTHUR—Dudley Moore, Liza Minnelli—Comedy/PG
Tuesday, Dec. 28, 6:30 p.m.—TRON—Jeff Bridges, Bruce Boxleiter—Sci-Fi/PG
Wednesday, Dec. 29, 6:30 p.m.—KISS ME, KILL ME—Robert Carradine, Linda Hampton—Thriller/PG
Thursday, Dec. 30, 6:30 p.m.—LET THERE BE ROCK—Angus Young, Malcolm Young—Musical Documentary/R
Friday, Dec. 31, CLOSED
Saturday, Jan. 1, CLOSED
Sunday, Jan. 2, 6:30 p.m.—DIRTY TRICKS—Elliot Gould, Kate Jackson—Comedy/PG
Monday, Jan. 3, 6:30 p.m.—KILL AND KILL AGAIN—James Ryan, Anneline Kriel—Action/PG
Tuesday, Jan. 4, 6:30 p.m.—THE ESCAPE ARTIST—Griffin O'Neal, Raul Julia—Drama/PG
Wednesday, Jan. 5, 6:30 p.m.—FINAL ASSIGNMENT—Genevieve Bujold, Michael York—Drama/PG
Thursday, Jan. 6, 6:30 p.m.—ZAPPED—Scott Baio, Willie Aames—Comedy/R
Friday, Jan. 7, 6:30 p.m.—STUNT WOMAN—Raquel Welch, Jean Paul Belmondo—Action/PG
Saturday, Jan. 8, 1 p.m.—THE MUPPET MOVIE—Bob Hope, The Muppets—Comedy/G
Saturday, Jan. 8, 6:30 p.m.—NOBODY'S PERFECT—Gabe Kaplan, Alex Karas—Comedy/PG
Sunday, Jan. 9, 6:30 p.m.—KNIGHTRIDERS—Ed Harris, Gary Lahti—Action/R
Monday, Jan. 10, 6:30 p.m.—EYE OF THE NEEDLE—Donald Sutherland, Kate Nelligan—Thriller/R
Tuesday, Jan. 11, 6:30 p.m.—POLTERGEIST—Jobeth Williams, Craig T. Nelson—Horror/PG
Wednesday, Jan. 12, 6:30 p.m.—PARASITE—Robert Claudine, Demi Moore—Horror/R
Thursday, Jan. 13, 6:30 p.m.—THE PIRATE MOVIE—Kristy McNichols, Christopher Atkins—Musical Comedy/PG
Friday, Jan. 14, 6:30 p.m.—BEYOND EVIL—John Saxon, Lynda Day George—Horror/R
Saturday, Jan. 15, 1 p.m.—HERBIE GOES BANANAS—Cloris Leachman, Charles Martin Smith—Comedy/G
Saturday, Jan. 15, 6:30 p.m.—EYES OF A STRANGER—Lauren Tewes, John Santi—Suspense/R
Sunday, Jan. 16, 6:30 p.m.—BLOWOUT—John Travolta, Nancy Allen—Thriller/R
Monday, Jan. 17, 6:30 p.m.—DEATH HUNT—Charles Bronson, Lee Marvin—Action/R
Tuesday, Jan. 18, 6:30 p.m.—THE CHALLENGE—Scott Glenn, Toshiro Mifune—Action/R

Only certified mechanics at NEXs

All newly employed mechanics hired to work at continental U. S. Navy exchange automobile service centers must complete the National Institute for Automotive Service Excellence certification program as a condition of continued employment.

The aims of this 1980 policy are to employ qualified mechanics, increase service bay productivity and increase the professionalism of NEX mechanics.

Newly hired mechanics must either have NIASE certification or become certified in the auto repair services offered by the exchanges. Mechanics are required to take the NIASE test within six months after employment. Navy Exchanges pay for the test registration.

"Grandfathered" mechanics, who were hired before the program began, do not have to take the test. However, exchanges encourage them to participate in the program to enhance their opportunities for promotion. "Grandfathered" and NIASE-certified mechanics are eligible for additional exchange funded training courses offered through major automobile and auto equipment manufacturers.

The NIASE program tests mechanics in eight areas of auto repair and also in body repair, painting and refinishing. The tests cover basic technical repair and diagnostic knowlege as well as skill.

Mechanics enrolled in the NIASE program are tested on their specialty aspects such as engine performance, brakes or electrical systems. Mechanics who pass their specialty test will receive certification in that particular auto service area. To be certified as a general automobile mechanic, they must pass all eight tests in the series. NIASE certification is valid for five years.

The goal of NEXs is to have all automotive service centers staffed by certified mechanics. The required training guarantees that customers' cars receive detailed attention from highly trained professionals, thereby providing quality service. **(NES)**

Take a 'chop' on this. . .

By LT M.L. Thurwanger

All too frequently the message or report that has required hours to complete is held up while we wait for one more "chop." Few of us realize that the origin of the "chop" predates our Navy and all the red tape that goes with it.

For centuries the Chinese have used a device called a chop to affix their signature to letters, official documents and even paintings. Usually made of wood, plastic, ivory or stone, the chop carries the name of the individual in Chinese characters surrounded by a small square or circle. To personalize the signature and discourage forgeries, most owners include a flaw or imperfection which only they will recognize. The chop is carried in a small case with a supply of waxy red ink. The chop is pressed into the ink and then pressed on the surface to be signed.

Still used today, a chop is often the preferred method for endorsing a check in some areas of China. Well-known examples of Chinese art frequently sport hundreds of these chops indicating the approval of art critics of the period. **(NES)**

Christmas Menu

NAVAL REGIONAL MEDICAL CENTER
Oakland, California

CHRISTMAS DAY MENU
December 25, 1982

APPETIZER
V-8 Cocktail
Consomme Magenta

ENTREES
Roast Turkey with Cornbread Dressing and Giblet Gravy
Cranberry Sauce
Baked Halibut Steak, Lemon Butter
Char-Broiled Sirloin Steak

VEGETABLES
Baked Potato, Sour Cream with Chives
Buttered Peas
Mixed Vegetables

SALAD
Waldorf Salad Relish Plate
Green Salad
Hot Rolls Assorted Breads

DESSERTS
Christmas Cake
Apple Pie with Cheese Slice
Ice Cream
Assorted Fruit, Nuts and Candy Beverages



THINKING OF OTHERS—Volunteers associated with the Veteran Hospitals Christmas Committee were caught by the camera as they began to decorate the hospital with Christmas trees, wreaths and other holiday glitter. Each year this group of private citizens come to Oak Knoll to cheer patients with gifts, entertainment and decorations.

(Photo by PH3 Ron Cabral)

NAVAL REGIONAL MEDICAL CENTER, OAKLAND
SPECIAL SERVICES ACTIVITY CALENDAR
JANUARY 1983





SPECIAL SERVICES STAFF
CHIEF: HMCM A. Y. MARUMOTO
ASSISTANT CHIEF: RON BROWN
TICKET/TOURS: SALLY YOUNG
GEAR CHECK OUT: MM2 DEVOURE
BOWLING ALLEY: HM3 POCARO
GYM: HM3 GURST
SWIMMING POOL: PETER BAUER

PHONE NUMBERS TO REMEMBER:
GEAR CHECKOUT : 639 - 2478/9
TICKET/TOURS : 639 - 2479
GYM : 639 - 2477
BOWLING ALLEY : 639 - 2120
ASST. CHIEF : 639 - 2350
SWIMMING POOL : 639 - 2330



SUN	MON	TUE	WED	THU	FRI	SAT
					JANUARY 1, 1983 SOUTH LAKE TAHOE SKI & GAMBLING TRIP CALL SALLY 2479 FOR INFORMATION WRESTLING- COW PALACE EDDIE MONEY, GREG KIHN CONCERT cont.	JANUARY 1, 1983 JEFFERSON STAR - SHIP CONCERT, SAN FRANCISCO CIVIC AUDITORIUM. CALL SALLY 2479 FOR INFO ON ANY OF THESE CONCERTS AND MATCHES.
2 SKI BROCHURES- ALPINE MEADOWS SKI LIFT DISCOUNT TICKET AVAILABLE FROM SALLY BLDG. 38 RM. 216	3 "KING AND I" TICKETS STILL AVAILABLE. SEE SALLY BLDG. 38 RM. 216 FOR INFORMATION	4 ALCATRAZ TOUR IS OPEN. TICKETS AVAILABLE FROM SALLY BLDG. 38 RM. 216 OR CALL 2479 BASKETBALL NRMC MEN VS NWS CONCORD 1930 GYM	5 GOLDEN STATE WARRIORS SEE SALLY FOR TICKETS AND DATES. INTRAMURAL BASKETBALL STARTS 1800 BLDG. 38 GYM COME OUT AND SUPPORT YOUR FAVORITE TEAM	6 RED & WHITE FLEET BAY CRUISE, PIER 41 SAN FRANCISCO, OPEN FOR BUSINESS. CALL SALLY 2479 FOR INFO. BASKETBALL NRMC WOMEN VS MARE ISLAND 1930 GYM AERO SMITH CONCERT	7 GOING SOUTH? DISNEYLAND SALUTES THE MILITARY. SEE SALLY FOR INFO AND TICKETS. BLDG. 38 RM. 216	8 GEAR CHECKOUT HAS SKIIS, BOOTS, POLES FOR WEEKEND CHECKOUT $10.00/WEEKEND $ 5.00/DAILY BLDG. 38 RM. 210 OR CALL 2479 FOR INFO
9 WHALE WATCHING IS IN SEASON!!! PILLAR POINT. SEE SALLY FOR INFO BLDG. 38, RM. 216	10 SAN FRANCISCO DISCOUNT BOOK $3.50 DISCOUNTS ON MEALS AND ATTRACTIONS IN SAN FRANCISCO. SEE SALLY BLDG. 38 RM. 216.	11 ROY ORBISON CONCERT AT LONESOME ARMADILLO SEE SALLY FOR TICKETS AMERICAN POLITICAL CURRENTS LECTURE SERIES 1/11 - 4/8/83 SEE SALLY FOR ANY TICKET INFO BLDG. 38 RM. 216 OR CALL 2479	12 SOCCER SAN JOSE EARTHQUAKES SEE SALLY FOR DATES AND TICKETS. INTRAMURAL BASKETBALL STARTS 1800 BLDG. 38 GYM	13 BASKETBALL NRMC MEN VS SKAGGS IS. 1930 GYM MOVIE TONIGHT 1830 "THE PIRATE MOVIE" MUSICAL COMEDY PG/99min STARS: KRISTY McNICHOLS/ CHRISTOPHER ATKINS	14 BELLA LEWITZY DANCE COMPANY, U.C. BERKLY, ZELLERBACH AUDITORIUM 1/14-1/15 CALL SALLY FOR INFO EXT. 2479 LAST DAY TO SIGN UP FOR SOUTH LAKE TAHOE TRIP.	15 CENTRAL PACIFIC REGIONAL WOMENS BASKETBALL CHAMPIONSHIPS. NAVSTA T.I. 1/15 - 1/19 CONTACT RON BROWN AT 2350 FOR MORE INFORMATION
16 MOVIE TONIGHT 1830 CLINICAL ASSEMBLY. "BLOWOUT" WITH JOHN TRAVOLTA THRILLER/R/108min $1.35 adult .50 children	17 MT. REBA, SQUAW VALLEY SKI LIFT DISCOUNT LETTER AVAILABLE FROM SALLY AT BLDG. 38 RM. 216 OR CALL 2479 FOR INFORMATION	18 MOVIE TONIGHT 1830 CLINICAL ASSMBLY "THE CHALLENGE" STARS: SCOTT GLENN AND TOSHIRO MIFUNE ACTION/R/110min	19 CENTRAL PACIFIC REGION WRESTLING INVITATIONAL NAVSTA T.I. CONTACT RON BROWN 2350 FOR MORE INFORMATION	20 JOHNNY MATHIS CONCERT VETERANS MEMORIAL THEATRE. CALL SALLY AT 2479 OR DROP BY BLDG. 38 RM. 216	21 JOHNNY MATHIS CONCERT FLINT CENTER, DE ANZA COLLEGE. SEE SALLY AT SPECIAL SERVICES TO GET YOUR TICKETS	22 CENTRAL PACIFIC REGIONAL MENS BASKETBALL CHAMPIONSHIPS. NAS ALAMEDA 1/22 - 1/30 MOVIE TONIGHT 1830 CLINICAL ASSMBLY CUTTER'S WAY DRAMA/R/109min
23 NEED SOME DIFFERENT PHYSICAL ACTIVITY? BODY BUILDING EQUIPMENT AVAILABLE, GYM	24 MOVIES DAILY IN CLINICAL ASSEMBLY 1830 EVENING SHOW 1300 SATURDAY MATINEE	25 BOWLING ALLEY OPEN DAILY. LUNCH SPECIAL 1130-1300 3 GAMES FOR $1.50 STAFF ONLY	26 SWIMMING POOL OPEN DAILY 1100 - 1900 1130 - 1300 MILITARY STAFF ONLY	27 FOR AIRLINE INFO NAS ALAMEDA SATO OFFICE HAS IT. CALL 869-2851 FOR MORE INFORMATION	28 WILLIE NELSON CONCERT COW PALACE DON WILLIAMS CONCERT CIRCLE STAR THEATRE SEE SALLY BLDG. 38 RM. 216.	29 CENTRAL PACIFIC REGIONAL WRESTLING CHAMPIONSHIPS. NAVSTA MARE ISLAND CONTACT RON BROWN 2350 FOR MORE INFO.
30 MOVIE TONIGHT "UNDER THE RAINBOW" 1830	31 GOLF - BING CROSBY NATIONAL PRO-AM TOUR. PEBBLE BEACH 1/13-2/6					

Whatever became of old. . .?

Want to contact a retired servicemember, a former shipmate or someone you served with in years past?

Many active duty and retired servicemembers would like to renew acquaintances with other military members, including those retired, but have lost track of their whereabouts.

The Privacy Act of 1974 normally prevents the military departments from releasing current addresses; however, each service operates a locator service which will forward your correspondence.

Here's how to do it. On one envelope, in which you have included your message or greeting, write the name and grade of the person you are trying to find. In the upper left corner put your return address. Place a stamp in the upper right. Insert this envelope in another stamped envelope addressed to the locator service. Include your return address on this envelope, too.

Because there are so many people with identical names, accuracy of spelling and completeness of name is vital. It also is a good idea to send the locator service a data sheet, in the "outside" envelope, listing what you know about your friend's service background, duty stations, schooling, dates, etc. This will help the locators to track the individual down faster.

Send your correspondence:

Army: HQDA-DAAG-PSR, Alexandria, VA 22331

Navy: USN (NMPC-641E), Washington, DC 20370

Air Force: AFMPC/DOO3, Randolf AFB, TX 78150

Marine Corps: HQ USMC (MSRB-13), Washington, DC 20380

Coast Guard: HQ USCG (G-PS-1), Washington, DC 20593

Intramural Basketball Standings

(Results of Games Through Week No. 4)

TEAM	W	L	PCT
Special Services	3	0	1.000
CPO	2	0	1.000
Surgery	2	1	.667
Radiology	1	2	.333
ENT	1	3	.250
NP	0	3	.000

Games played on Dec. 8:

CPO 54, Radiology 43 (High Scorers: C. Booker and C. Tucker, both 17 points.)

Surgery 2, ENT 0—Forfeit.

Special Services 50, NP 42 (High Scorers: D. Blankenship, 18; R. Wardell, 10)

Any wrestling, boxing interest?

Is anyone interested in forming a boxing team at Naval Regional Medical Center, Oakland?

If so, contact Ron Brown at Ext. 2350 or HN Juan Escudero at Ext. 2234.

• • •

Wrestling matches begin in January. Anyone interested in participating should see Ron Brown in Special Services or give him a call at Ext. 2350.



"Oh sure, but did it ever occur to you some poeple might not like roast turkey, stuffing, cranberry sauce, candied yams, fresh vegetables, hot biscuits, mince pie and coffee?"

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Tahoe trip planned for February fun

We're headin' for the hills again!

A deluxe motorcoach will pick up passengers at Oak Knoll at 6 p.m., Friday, Feb. 11, and return them at approximately 6 p.m., Sunday, Feb. 13.

The group will be staying at the Elm Inn at South Lake Tahoe, just a half block from Harrah's and all the restaurant and club action. For those who would rather ski than gamble (or perhaps ski by day and gamble by night), a shuttle bus will be available to both Heavenly Valley and Kirkwood Meadows.

The package is $68 per person (double occupancy), but Harvey's Hotel and Casino will refund $17 back in cash on Saturday, and Sahara Tahoe will give each participant $5 more in cash, plus $2 in food coupons and two free drinks on Sunday.

Country western fans will be happy to hear that Mac Davis will be playing at Harrah's that weekend.

Space is limited on this trip, so stop in now to reserve with Sally at Special Services Office, Bldg. 38, Room 216, or call her on 639-2479 for additional information.

A deposit of $10 per person will hold your space until the trip signup deadline of Jan. 17.